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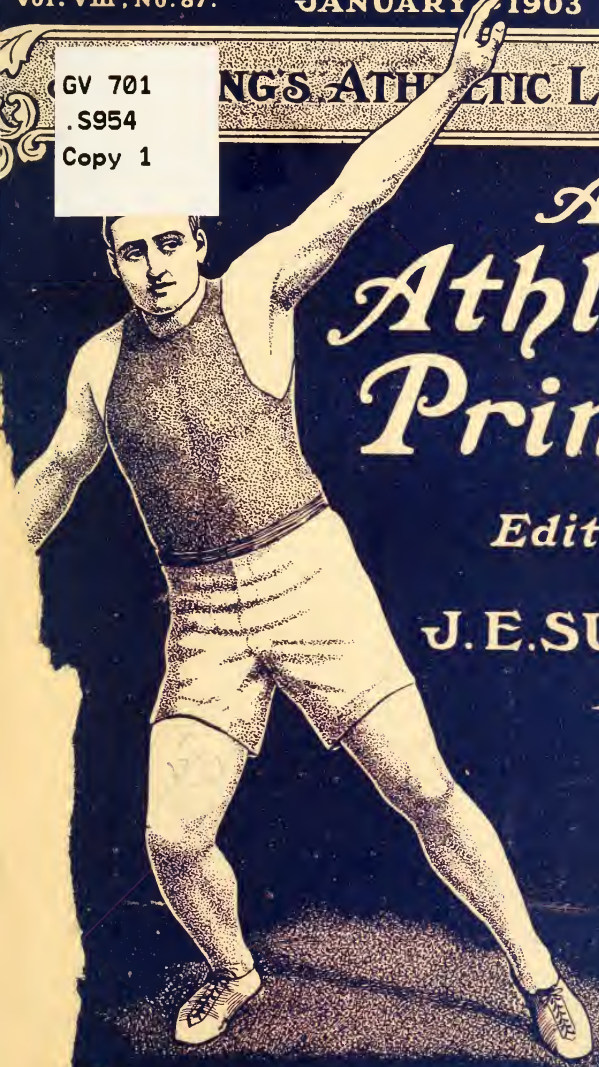

An Athletic Primer

Edited by

J. E. SULLIVAN

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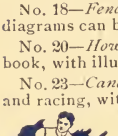

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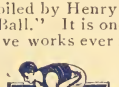

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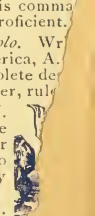

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See inside page of back cover for continuation of

An Athletic Primer

How to Organize a Club.

How to Construct an Athletic Field and Track.

How to Conduct a Meeting.

Rules for the Government of an Athletic Meeting.

Edited by
James E. Sullivan

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16 and 18 Park Place, New York

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PREFACE

It is a remarkable fact that throughout the United States there are many officials connected with athletic clubs and associations encouraging amateur sport who know very little about the actual management of an athletic meeting. This applies to schools, clubs and colleges in many instances; in fact, the writer has repeatedly received from students and club men communications pertaining to the management of games, that would easily convince anyone that the athletic rules had never been read by them. A careful glance over the pages of this Athletic Primer will show just what field the publication is expected to fill. It is primarily a publication issued in the interest of the Amateur Athletic Union of the United States, the governing athletic organization, and it will be a valuable addition to the work already performed by that organization in encouraging and promoting amateur pastimes throughout the United States. The publication of this pamphlet is done to encourage all organizations to give their games under recognized rules and to encourage the formation of athletic clubs throughout the country. While it is intended for novices, it will be a valuable pamphlet to be in the hands of all college students, schoolboys and members of athletic clubs and gymnasiums throughout the United States.

ATHLETIC GROUNDS AND GAMES

BY W. B. CURTIS

Long before George Washington beat his opponents at the running broad jump, the gentlemen of America were accustomed to compete against each other in various manly games, but the history of organized amateur athletic sport dates back less than a generation. During this time there have been two periods of remarkable activity. The first was from 1876 to 1878, in which a new club was formed almost every week in the neighborhood of New York City, and a dozen athletic meetings were held weekly from Washington's Birthday clear up to Thanksgiving Day. On one occasion, each of two meetings, held the same day, had more than 750 entries, and an examination of the programme at one of them showed that entries had been received from more than 150 different clubs. This growth was too rapid to be permanent, and since then the number of clubs has steadily decreased, some dying a natural death and others having been absorbed by their larger neighbors. Meetings have also become less frequent, and public interest in athletic sports has not been maintained as could have been done by wiser management. During the past twelve months there has been a similar revival, but with change of locality, little increased interest being shown in the neighborhood of New York City, but great activity all over the country, and in scores of cities and towns which heretofore have known nothing of athletic sports, are now to be found clubs and grounds and meetings. Naturally, the promoters of these institutions have much to learn, and we have received, during the past year, hundreds of letters seeking information concerning all the details of athletic sport. The scattered information given in answer to these letters, here a little and there a little, would, if grouped together, be almost a handbook for athletic meetings, and it is the purpose of this article to make such a compendium of useful information. Those who think that undue space is given to the A, B, C of elementary athletic knowledge should remember that this instruction is meant for persons of limited

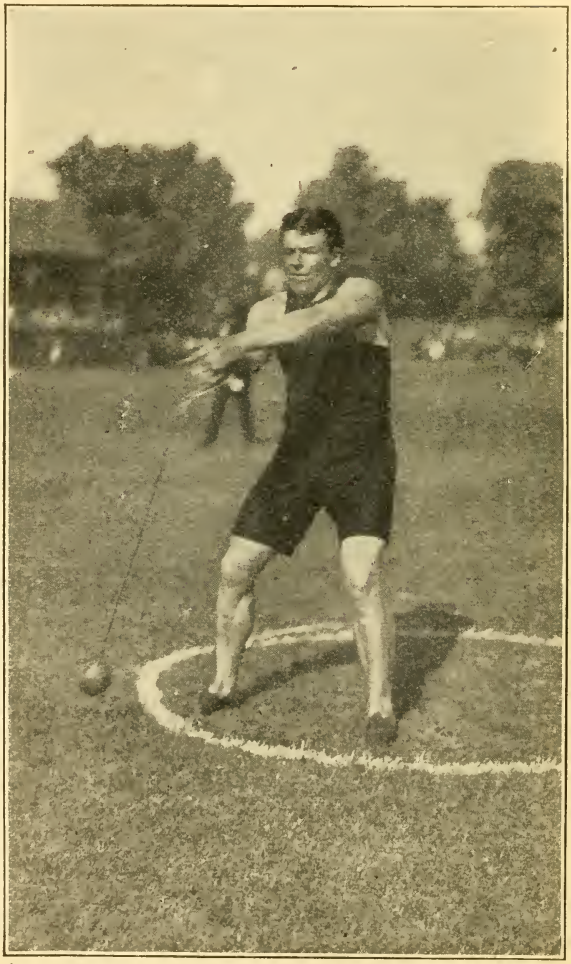
The best picture ever taken of a 56-lb. weight thrower in action. Champion Mitchel after taking his two turns, using very little of the circle. A good, fair throw.

experience, and who have not enjoyed the advantages of a liberal athletic education, such as is within easy reach of New York City. It is not intended to teach professional trainers how to build and care for an athletic track, or to instruct the New York Athletic Club or the Seventh Regiment in the management of athletic meetings. But it is desired to furnish valuable information to athletes who live far from the metropolis and have no opportunity to learn by observation many things which are commonly known here. The wished-for end will have been attained if the new clubs forming in Maine, or Georgia, or Minnesota shall be hereby enabled to perfect their grounds and improve the management of their meetings.

TEMPORARY TRACKS

The first requisite for athletic sport is a track. Many new clubs are unable to procure grounds and build a path during their first year, and are obliged to make temporary provision for their opening games. Any field large enough for a base ball match is large enough for an athletic meeting. The committee should mark out a path of such size and shape as the limits or the grounds will allow, not trying to lay it out of any uneven circuit, but making it of the best attainable dimensions, no matter how much or how little it may measure. Then mark the outer and inner borders of the track by rows of toy flags, or, better still, by ropes and stakes; measure carefully and mark plainly by whitewashed lines the start and finish of each distance which any contestant must travel, and erect one or two tents, furnished with a plentiful supply of wash-bowls, water and chairs. These arrangements may seem rude and primitive, but there have been occasionally, in America, and frequently in England, meetings given in such manner, which were well managed, interesting to spectators, and satisfactory to both promoters and contestants.

If a regular base ball ground can be procured, there will, of course, be the advantage of fences, stands and dressing rooms already at hand. A track can be marked out, passing between the catcher's position and the backstop; going outside the first and third bases and reaching as far back into the field as may be convenient.



John Flanagan, world's record holder at throwing the hammer, getting a good swing before he starts his throw.

PERMANENT GROUNDS

When the new club feels able to build a path for itself, the size of the grounds will, of course, be limited by the state of its treasury, and by its ability to procure such a field as it may wish.

Grounds much smaller than the ordinary quarter-mile track can be made successful. The Manhattan Athletic Club, during the first five years of its existence, had grounds less than 200 feet wide and less than 246 feet long, a plan of which is given in Fig. 1, omitting the

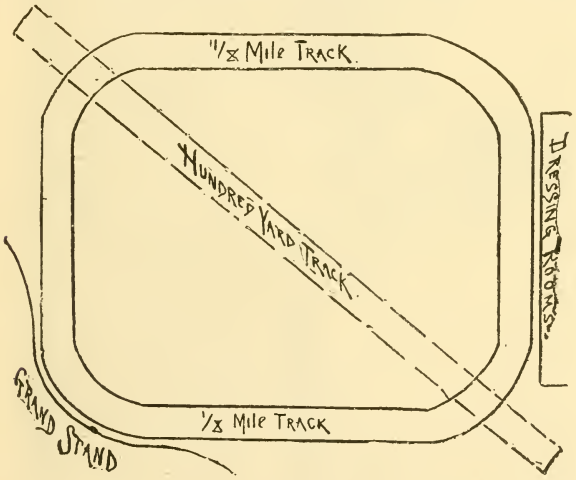


Fig. 1.

fences. The path was one-eighth of a mile in circuit, rectangular, with rounded corners, and, to obtain 100 yards straightaway, it was found necessary to build a straight path diagonally across the field from corner to corner, and even then the finish was up a steep bank and against the fence beyond. The grand stand was located outside of the track in one of the corners, and the dressing rooms between the east end of the track and the fence. Yet out of these small grounds the club grew and prospered; gave unusually successful athletic meetings, and found the path in frequent demand by other

The start of a hammer throw. (John DeWitt, of Princeton, Intercollegiate champion.)

clubs. Around this eighth of a mile track L. E. Meyers ran 130 yards in 13⅛s.; 300 yards in 32⅛s.; a quarter-mile in 49⅗s., and a half-mile in 1m. 56⅛s.; also 250 yards in 26s.—the fastest American amateur record—400 yards in 43⅗s., and 660 yards in 1m. 22s.; two performances which are still the fastest amateur records in the world.

In the spring of 1883, the Manhattan Athletic Club secured a lease of the lot bounded by Eighty-sixth and Eighty-seventh streets, Eighth and Ninth Avenues, 200 feet wide by 800 feet long, and made of this the best athletic ground in the neighborhood of New York City. A ground plan of these grounds is shown in Fig. 2,

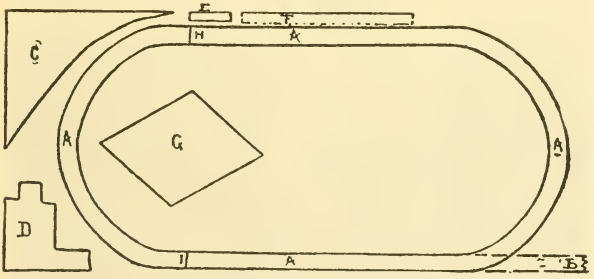
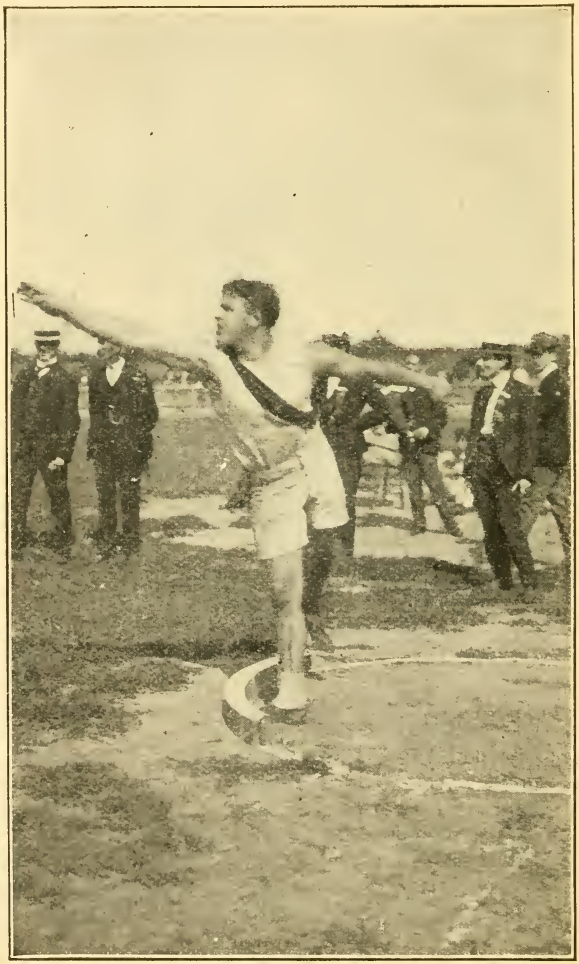


Fig. 2.

omitting the fences and also that portion of the field west of the quarter-mile path. The path was a quarter-mile in circuit, two straight sides about 150 yards in length, connected by curved ends somewhat flatter than semi-circles, and about 79 yards in circuit. The north or straight side of the path was prolonged to the western fence, making a 220 yards straightaway course, the fastest and best ever used for that purpose in America. The diagram which is shown in Fig. 2 sufficiently indicates the general arrangement of the grounds, which, although the best near the metropolis, could have been bettered had the limits of the land allowed. The outside width of the grounds, from street to street, was 201 feet 5 inches, and being a sunken lot, 12 or 15 feet below the street level, the sloping banks on either side reducing the actual width of the available ground to about 180 feet. The path, laid out inside these limits, was unavoidably longer and



Putting the shot—th: delivery. (*John DeWitt, Princeton.*)

narrower than desirable; it was necessary to place the grand stand at one end instead of at one side of the path, and the inner field was somewhat cramped for foot ball, lacrosse and base ball.

When the selected grounds are ample, it becomes necessary to decide upon the most desirable size of the track. Of course, the larger a path is, the larger its straight sides, and the more infrequent its curves, the faster an athlete can run around it, and if speed were the only matter at issue, a mile track would be better than any smaller size, and a two-mile path better than one of only a mile in circuit. But, on the other hand, the difference in speed for foot-racing between a mile circuit and a perfectly shaped quarter-mile or third of a mile path is so small as to be practically of no moment; spectators do not enjoy races on large tracks, where the men are at times so far away as to be almost unrecognizable, and officials cannot so conveniently or correctly judge on large paths, while the first cost and subsequent bills for maintenance are, of course, larger for every foot of added size. During the past eight years there have been in the vicinity of New York City public athletic meetings, in the open air or in covered buildings, on tracks of the following sizes: One-mile, half-mile, four-elevenths of a mile, one-third mile, one-quarter mile, one-fifth mile, one-sixth mile, one-seventh mile, one-eighth mile, one-ninth mile, one-tenth mile, one-eleventh mile, one-twelfth mile, one-fourteenth mile and one-sixteenth mile. The more intelligent observers seem to agree that, after considering the speed and safety of the contestants, the comforts of spectators, convenience of officials, and the cost of building and maintenance, a quarter-mile path is the most desirable for purely athletic use, while a third of a mile or even a half-mile, is better for bicycling.

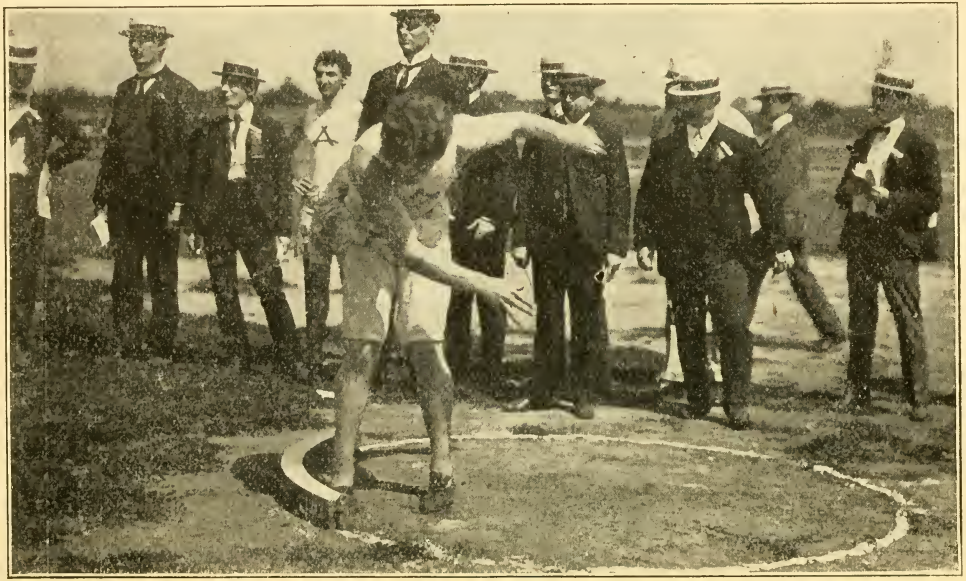
These two classes of amateur sport prefer different forms of path. For foot-racing, a path with four straight sides, joined by tolerably short but properly graded curves which are quarter circles, has been found by experience to be the fastest possible shape. But a bicyclist could not negotiate such corners at full speed, and the best shape for wheel races is undoubtedly that of the most approved trotting track —two straight sides, connected by two semi-circular ends, the ends and sides to be of equal length. If a club has ground enough and can afford the expense, it would be better to build two concentric

"Dick" Sheldon, N. Y. A. C., at Celtic Park, L. I., balancing and getting ready for a good put with the shot.

paths, as shown in Fig. 3; the inner for athletic games, a quarter-mile in circuit, rectangular, with quarter-circle corners, and the outer for bicycling, a third of a mile in circuit, with two straight sides, each 440 feet in length, and two semi-circular ends, each 440 feet in circuit. Unfortunately, few clubs have either grounds large enough or purses long enough for two such tracks, and must be contented with one.

Bicycling is now a recognized sport in America, with thousands of enthusiastic followers. There are about as many clubs of wheelmen as of athletes, and it frequently happens that in a young city will be found an athletic club and a bicycle club, each anxious to have grounds and to give meeetings, and neither pecuniarily able to do so unaided, but succeed by compromising their differences and pooling their resources. Where there is no bicycle club there are commonly many individual riders, and the promoters of athletic meetings are accustomed to add to their programmes one or more wheel races, both to increase their entry list and to entertain the spectators. These facts make it desirable that the paths of athletic clubs should, to as great extent as possible, be suitable for bicycle races, and we give in Fig. 4 the ground plan of a path which would be best adapted to the circumstances surrounding nine-tenths of all our athletic clubs.

This is a quarter-mile path, with one side prolonged so far as the grounds will allow for a straightaway course. The straight sides are 110 yards in length and 69 yards 1 inch apart. These sides are joined at either end by semi-circles of 110 yards. This form of path is the best possible for bicycling, and also quite satisfactory for foot-racing; easy for contestants and not naturally slower than the Model A in Fig. 3—four straight sides joined by curved corners, Under no circumstances should the path be less than 12 feet wide, and 15 feet or 18 feet should be obtained if possible. If it is not practicable to make the whole path 18 feet or 20 feet wide, that breadth should certainly be given to the straightaway—finish side (from B to A, in Fig. 4). The outer edge of the path should be a stout picket fence, not less than four feet high, continuous around the whole path, except where the grand stand serves in its stead. There may be in this fence as many gates as convenience requires, but during athletic meetings all should



E. E. Merrill, Milwaukee A. C., after putting the shot at Celtic Park, L. I.

be securely locked, save the one at the grand stand (W, in Fig. 4). A fence between the track and the inner field, found on old-fashioned grounds, is a useless nuisance.

The grand stand should be located as shown at D, in Fig. 4, on the other side of the track from the finish of all the races. If there be not room on the side, on account of the narrowness of the grounds, it can be put in one corner, as at the Manhattan A. C. Grounds (C, Fig. 2). The worst place of all is on the same side with the finish line, which works very well in horse-racing, but is unsatisfactory in athletics, because the occupants of the stands cannot see the contestants well as they near the finish line and, in an interesting race, always jump up, one after the other, until everybody is standing and no one except those in the front rank can see. The floor of the front

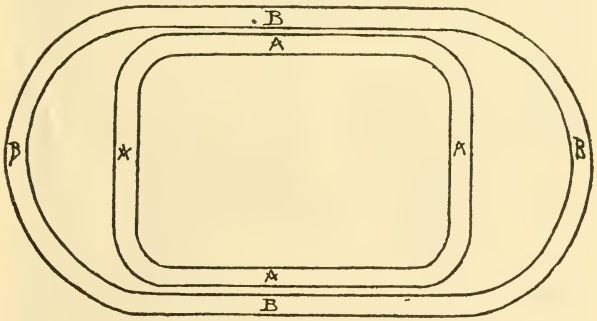
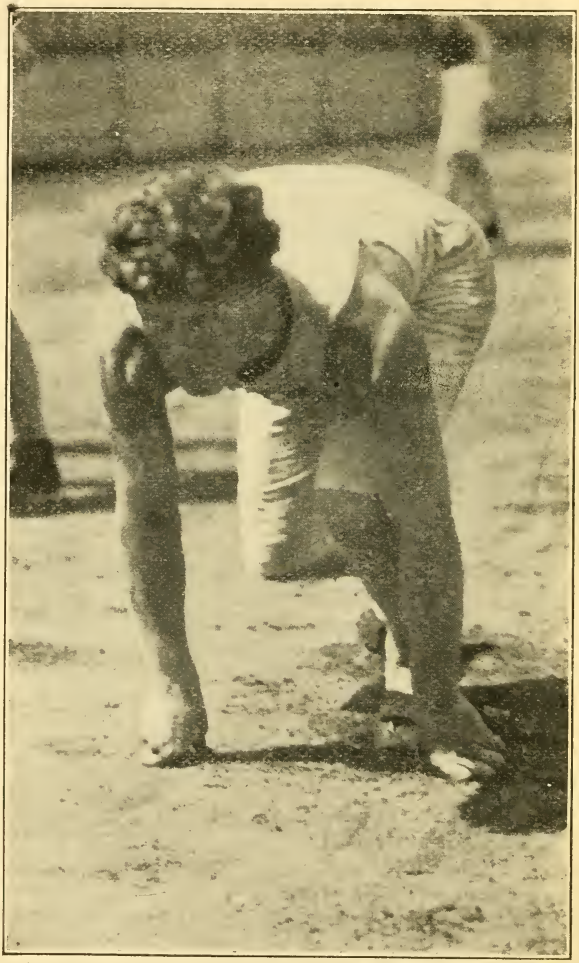


Fig. 3.

row of seats on the stand should not be less than six feet above the level of the track, so that the view of the spectators can never be obstructed by persons standing or walking in front of the stands. On the outer edge of the path, in front of the grand stand, there should be a single row of seats reserved exclusively for contestants and officials not actively engaged in the contests then taking place.

The space under the grand stand should be used for dressing rooms, bath rooms, closets, etc. It is better to divide it into four or five small rooms than to make one large hall. The dressing rooms should have a plentiful supply of chairs, tables and looking glasses, and the



Start for a sprint race—E. E. Merrill, Milwaukee Athletic Club.

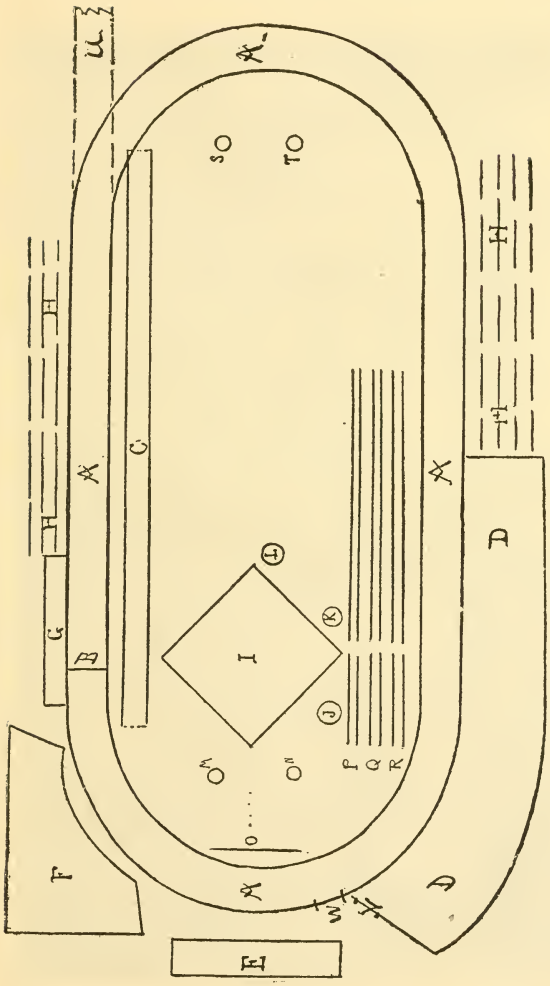


Fig. 4.

Start in the half mile run at an Intercollegiate Championship Meeting—showing two methods of starting.

bath rooms a liberal array of bowls and tubs. Along the side of the hall near the door (V, Fig. 4) should be an office with a stand of small lock-boxes, on the same plan as those used in public bathing establishments, in one of which each contestant may deposit his money and jewelry and take the key. Outside the room, along the side of the hall, should be a rack for the numbers used by the contestants, so that as each one goes out to the path he may obtain his correct number and pin it on his shirt.

In the spaces marked E and F, Fig. 4, club houses can be built whenever the state of the treasury warrants such an outlay. The one in the corner, F, can include parlors, reading rooms and billiard rooms, while the one at E can be used as dressing room, locker room and bath room for the club members, as well as residence for the track master, if desired. Until this house is built one of the dressing rooms and bath rooms under the grand stand should be reserved exclusively for club members.

On either side of the path, at places marked H, H, H, H, Fig. 4, rows of free seats can be erected, as many as are found to be necessary.

The position of the base ball diamond, catcher's path and backstop are clearly shown in Fig. 4, I and O. It may be shifted a little in either direction, if found desirable.

M, N, S and T, Fig. 4, represents the position of the four goal posts for foot ball. The best way to arrange them is to sink four posts, a foot in diameter and four feet long, two inches below the surface of the field. These posts have in their upper ends holes a foot deep, into which the goal posts fit. When not in use remove the goal posts, put wooden plugs into the holes and cover up the sunken posts, so as to leave the ground unobstructed.

The inner field may also be readily used for lacrosse, whose goal flags can be taken up and put down without previous preparation. All that portion of the inner field beginning at the upper end of the path and reaching down toward the base ball diamond as far as is found necessary, may be marked into lawn tennis courts.

The press stand should be one row of seats raised at least six feet above the path, right across the finish line, where the reporters can see everything, ask questions of the officials who are congregated at the finish line, and conveniently obtain all the information for their

Start of a mile run at Celtic Park, L. I.

business. This stand should be carefully guarded, and admittance refused to all persons save actual reporters. If athletic clubs wish their games reported kindly and correctly, they need not furnish to reporters what they do not want, namely, free lunch, free cigars, free whiskey and free "blarney," but should provide instead what they need, namely, elbow room to work comfortably, freedom from annoyance from outsiders, positions where they can see all that is to be seen and hear all that is to be heard, and courteous, prompt and satisfactory answers to all questions asked of the officials concerning any matters about which they need information.

The turf path for hurdle racing should be laid out about as shown at C, Fig. 4, not less than 16 feet wide and 140 yards long. When not in use the hurdles are kept outside the path, whose start and finish are marked only by pegs driven down even with the surface of the ground, so that the field is not obstructed except when the hurdles are in use. Of course, if the turf be not good at the indicated place, the hurdle races may be run elsewhere in the field, but the game demands smooth, firm turf, and especial care should be taken to provide such a path.

The American custom is to run and walk with the left side toward the curb, and the finish line of all races should be as shown at B, Fig. 4, near the end of the final straight line, directly in front of the press stand and across the field from the grand stand. The most convenient positions for the places arranged for jumping and pole leaping are shown at P, Q and R, Fig. 4. If the circles for shot, hammer and 56-lb. weight are located about as shown at J, K and L, Fig. 4, it will be found that their use will not mar the turf of the base ball diamond; that the shot and 56 will fall into the same alighting-ground, thus lessening the injury to the grass, and that the hammer-thrower, let him throw as erratically as he may, will be unable to kill a spectator.

It is, of course, well enough to have the path laid out by a surveyor or civil engineer, but where it is essential to save expense an intelligent committee can do the work satisfactorily. To lay out the path shown in Fig. 4, first mark out by a row of small wooden pegs a straight line down the centre of the field from one end to the other. On this line stick two large pegs, 540 feet 1 inch apart, marking the

Final heat in an 110-yards race—P. J. Walsh, N. Y. A. C., winning.

point where it is wished to have the extreme points of the end of the path. From these two large pegs measure off 105 feet ½ inch toward the centre and mark the points by stakes. Then with a wire 105 feet 5 inches in length, held at one end against the stakes and having at the other a sharp spike, scratch out on the ground the semi-circular ends; mark them out by rows of small pegs and connect their ends by similar rows of pegs, which will be the straight sides. Then measure carefully around the course thus marked out by pegs, and if it is found a few inches longer or shorter than a quarter mile, adjust some of the end pegs so as to make it exactly correct. Then mark out the line for the curb, 18 inches inside this measurement line, all around the field, and the track is laid out as well as could be done by any engineer.

The curb should be of 3x9 inch wood, three inches above the path and six inches under ground, so as to be firm. This should be bent around the curves by sawing slits into its inner edges as frequently as necessary, thus making the line of the curb true and not a succession of straight edges, as is sometimes seen. Holes should be bored through this curb every few feet, just at the surface of the path, so as to allow the water to run through into the inner field, and there should be, just inside of the curb, an open ditch or covered drain to receive the water. The track should have a slope from outside to inside of about an inch in ten feet, just enough so that the water will run off freely into the inner field. The lowest part of the path should not be less than three inches above the level of the inner field, so that in wet weather the path will drain freely and promptly.

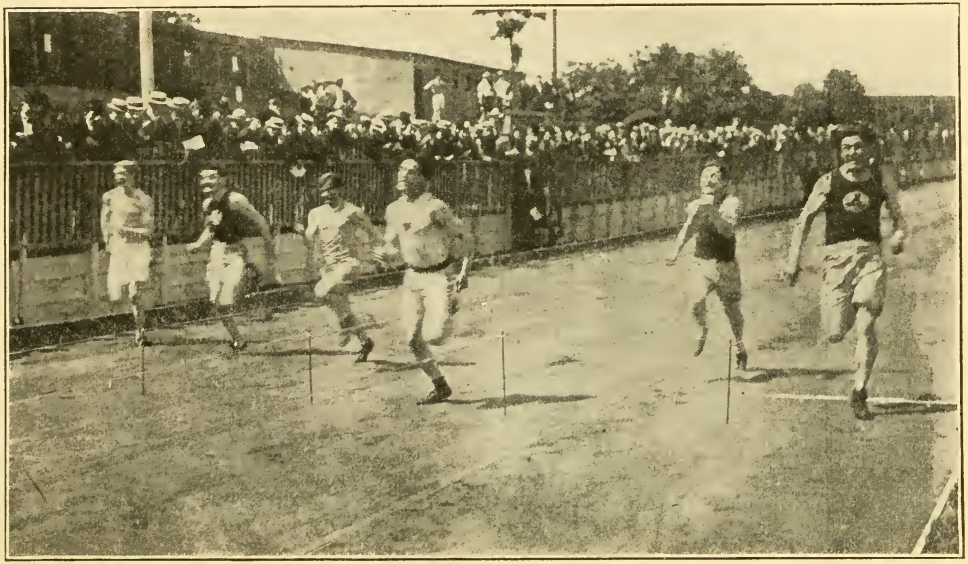
On the ends the path should be sloped up from the curb, so that runners or wheelmen can attack the curbs fearlessly and at full speed. On a quarter-mile path, such as is shown in Fig. 4, the slope at the curves should be about one inch to the foot, so, if the path is 15 feet wide, the outer edge will be 15 inches higher than the inner. Where the path is less than a quarter mile in circuit, or is made with four straight sides and four rounded corners, these corners must be thrown up still higher. On an eighth-of-a-mile track an inch and a half or an inch and three-quarters to the foot would not be too much, and even two inches to the foot would be safer and better for bicyclers, and for foot races less than half an inch in length.

J. Wright, N. W. S. A. C., New York, finishing first in a half-mile championship.

In building a path the first and most important point is to make it perfectly level. No hills and valleys should be permitted, and even if it cost considerable money the track should be graded to a water level. The failure to do this at Ashton Lower Grounds, Birmingham, England, and Fenner Grounds, Cambridge, England, has led to much trouble concerning records claimed and disputed, because made down hill.

As to the method of laying a track, no positive rules can be laid down. The ideal way is to dig out the whole ground about three feet deep, then throw in one and a half or two feet of broken stones, rough gravel, old brush, almost anything, in fact, which will lie loose and allow water to soak through easily; over this, six inches of clay or loam; then a few inches of coarse cinders, and finally a top dressing of fine shifted ashes or burnt brick-dust. This process is costly, and in most cases as useless as expensive. Unless the selected grounds are a swamp, it will be quite sufficient to level that part of the ground to be occupied by the path and inner field; then put on the path two or three inches of coarse cinders, and then an inch or two of fine top dressing, thus raising the path four or five inches above the inner field. This path will drain promptly and be in every respect as good as if built over an artificial subcellar. The top dressing should be sifted through a fine sieve and be free from all pieces of stone, slate, clinker or unburnt coal. Experiment has shown that a cinder path will be drier and more springy than any other in wet weather, but is apt to become brittle in dry, hot weather, while a top dressing of burnt brick-dust is hard and dead in wet weather, but firm and smooth when dry. Possibly a mixture of ashes and brick-dust may eventually prove to be the most desirable article.

The advantages of the cinder path over a dirt path is mainly that it is not so dusty in dry weather nor muddy in wet weather. Many athletes fancy that a cinder path is faster than a dirt path, but the wisest experience shows that all is fancy. The cinder path, if properly cared for, will not be unpleasantly dusty during drought and is very little affected even by hard rain, many of our "best on records" having been made during rainstorms that an ordinary path or road would have been too muddy or slippery for fast running; but the best cinder path in the world is not so fast for bicycling as one of ordinary



P. J. Walsh, N. Y. A. C., winning a heat in 100-yards run at Celtic Park, L. I., August 30, 1902.

clay or loam, and some dirt paths dry as quickly as an ordinary cinder track. Where the natural track is of a firm, clean loam, it frequently, with proper care and attention, makes just as good a track in its natural condition as it would if covered with ashes, and many of the horse-trotting tracks of America, which are all made of loam or gravel, are as fast, for any use, as a good cinder path.

Foot races and bicycling are better served by somewhat different surfaces of path. A light, springy cinder path, fast as could be wished for running, is frequently so coarse and rough in texture as to be slower for bicycling than any ordinary country road. On the other hand, an asphalt, cement or board floor—a surface so hard that a runner's spikes would take no hold of it—makes a fast track for wheel races. A cinder path, baked by the heat and drought until it is so brittle as to break up like a plowed field under an hour's use of spiked shoes, would last all day for bicycling and be an excellent path. Even the spike marks in a good path hinder wheelmen, and so well is this known that on several paths owned by bicycle clubs no spiked shoe is allowed to be used. In an ordinary case, when it is necessary that the path should be used by both wheelmen and athletes, some compromise must be made so as to have a path tolerably good for either game.

The proper care and culture of a cinder path are matters which depend almost entirely on the intelligence and discretion of the track-master. The path should be sprinkled every day or two during dry weather, and should be rolled every day; but some tracks need more sprinkling and more rolling than others do, and no positive rule can be made. The object sought is to keep the path smooth, firm and springy, instead of rough, brittle and heavy; and only experiment with each individual path can be determined accurately just what means will effect the desired end. The test of a good path is this: Let an ordinary runner, with spiked shoes, run round the path a mile at about a six-minute gait. If the path is too soft his shoe prints will be seen, and occasionally a little slipping of the foot to one side or the other. If the path is hard, caked and brittle, there will be no footprints, but the spikes will tear out chunks of the path, leaving irregularly shaped holes as large as a hazel nut, or larger. If the path is in perfect condition the shoe will leave an almost imperceptible

Hayes, University of Michigan, winning a heat in half-mile Intercollegiate championship at Berkeley Oval, New York.

tible mark, and the spikes will come out clean, leaving small, round holes no larger than the spike itself. The sprinkling and rolling should be done at morning, or evening twilight, and water should not be thrown on the path to be quickly evaporated during the heat of the day, thus making the surface hard and brittle. In addition to the use of the roller the path should be regularly brushed with a coarse, heavy brush-broom, either mounted on wheels or dragged along the ground. This has the same effect as the harrow used on horse tracks, loosening up the surface and preventing it from becoming caked. Almost every trackmaster has his own special style of brush, and one is probably just about as good as another, the object being to loosen and stir up the upper half inch of the path. Where, as sometimes happens, the top dressing remains loose and mealy, refusing to pack properly after repeated rolling, the admixture of a little loam or clay with the cinder will usually remedy the difficulty. The most common defects in cinder paths are the lack of sufficient rolling, and the use of top dressing of coarse, unsifted cinders, instead of fine ashes, run through the finest obtainable sieve.

ORGANIZING AN ATHLETIC MEETING

Having grounds, the next thing is to obtain entries for the games. For this purpose there must be a Games Committee, one of whose members usually acts as Secretary. This committee must arrange a list of contests, choosing such events as are suitable to their grounds and as their knowledge of the local athletes leads them to think will attract numerous entries. The committee also decide upon the number and value of prizes, the amount of entrance fee, the date of closing the entries, the day and hour for beginning the games and all preliminary arrangements. The committee should have printed and distributed a sufficient quantity of circulars, containing all information needed by athletes intending to compete. Entrance fees are usually fixed at 50 cents for each man for each event. The time for closing the entries should be fixed from seven to ten days before the day of the games, so that the Secretary may have time to notify each athlete of the acceptance of his entry and send him his competitor's

Wright, N. W. S. A. C., winning a half-mile championship at Celtic Park, L. I.

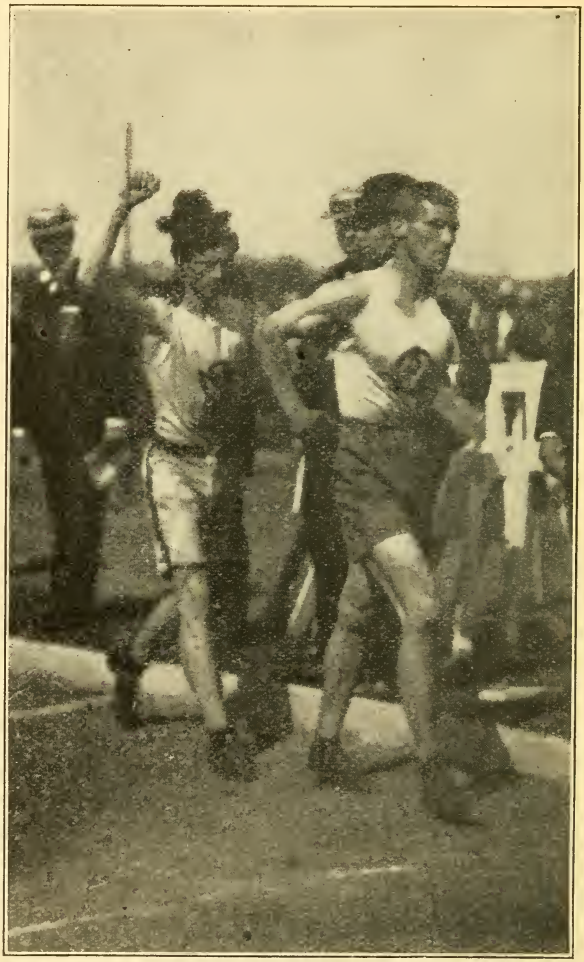
card of admission to the grounds. This seven or ten days is also necessary to enable the handicapper to do his work, and then to have the programme printed.

THE INNER FIELD

During the games the admittance to the path and inner field should be permitted only to officers and contestants actually engaged in the event then in progress. Officers not employed in the current contest and athletes awaiting their games should occupy the seats provided for them and leave the path and inner field clear of all save those who have duties there. At every gate or point of access to the path there should be stationed a man who will refuse admission to all who have no right to enter, and there should also be a marshal, with assistants, if necessary, who will summarily eject all intruders who evade the guards at the gates and all contestants who linger after their game is ended.

HURDLE RACES

The championship race—the one most commonly found at first-class meetings—is 120 yards straightaway, over ten hurdles, each 3 feet 6 inches high. The first hurdle is 15 yards from the starting line, each hurdle being 10 yards from its neighbor, and the tenth hurdle is 15 yards from the finishing line. The next race in popularity is 220 yards, over ten hurdles, each 2 feet 6 inches high, the first hurdle being 20 yards from the starting line, with a space of 20 yards between the hurdles, and 20 yards between the last hurdle and the finish line. These hurdles may be of various kinds. (Pictures of four specimens are given in Fig. 5.) No. 2 is the most commonly used and the most objectionable of all, consisting of two uprights, with slits into which a long bar is slid, reaching across the path, and thus one hurdle serves for all the contestants. The objection to this is that a leading man, especially in handicap races, may knock down the hurdle, and thus either hinder or help his followers; helping them by tipping the hurdle so they will not have to jump it, or hindering them by throwing it against them or under their feet, so as to make them stumble or falter. This style of hurdle has been commonly used, because it is the cheapest and most convenient, but it does not



Gunn (ahead) and Prinstein walking in an all around championship at Celtic Park, L. I.

guarantee fair racing and should never be employed. No. 1 is an English hurdle, set up by sticking the hard ends of the posts into the hard ground. It is objectionable, because the stakes make holes in the turf or path. Nos. 3 and 4 are single hurdles, used by various

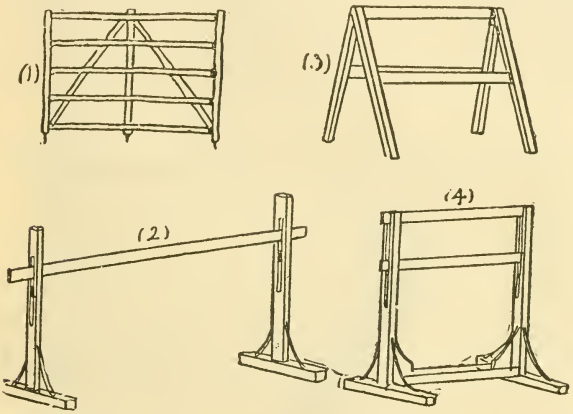


Fig. 5.

clubs in America, and either is satisfactory, No. 3 being the more cheaper and more easily handled. It matters little which kind of hurdle is used, so that each man has a line of hurdles for himself. Then if he stumbles and knocks over one of his hurdles it cannot interfere in any way, either for or against, any of his opponents, who have their line of hurdles untouched.

RUNNING LONG JUMP

For this game a place should be prepared, as shown in Fig. 6. A is a smooth cinder or turf path, about 120 feet long, leading up to the take off, B, which must be a joist five inches wide, let in even with the surface of the ground and firmly fastened in its place so that the athlete may jump from the ball of his foot placed on this joist. The ground, C, in front of this joist, toward where the jumper alights, must be dug away not less than three inches deep and six inches in

Adam Gunn of Buffalo, N. Y., winner of all around championship of the A. A. U., pole vaulting. A good clean vault.

width. From about sixteen to twenty-five feet from the take-off line the ground should be dug up at least a foot deep, all stones removed and lumps broken up, so that the jumper may alight fearlessly, and clear as much ground as possible with no danger of hurting himself in alighting. This trench of soft earth should be about five feet wide, and on each side of it should be laid an inch plank (D, D, Fig. 6), standing on edge, even with the surface of the field and the upper edge marked off into feet and inches from the starting line.

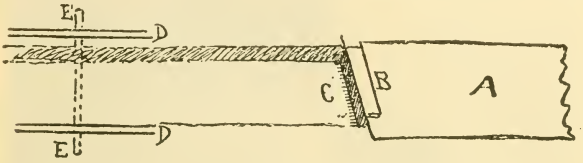


Fig. 6.

Then, after each jump, by laying a six-foot lath or rod (E, Fig. 6) directly across the trench, exactly where the jumper alighted, the distance can be read on the side planks, and thus save the time and trouble of measuring each jump with a tape line.

RUNNING HIGH JUMP AND POLE LEAPING

For this game there should be a run-up, the same as for the running long jump, but no starting joist, and the trench of soft earth commences immediately at the starting line, where the poles stand, instead of being sixteen feet out, as in the running long jump. It should be eight feet wide and ten feet long, so that the various styles of jumpers may alight in it safely. The apparatus needed for this game is explained in Fig 7. Almost anything will do at a pinch. Two tall stakes driven in the ground, eight feet apart, with holes bored into them, two tenpenny nails stuck in the holes, and an eight foot lath stretched across will enable the contest to be held, if nothing better is at hand. The proper apparatus to be used in this and in pole leaping is fully explained in Fig. 7. First, there are two uprights, A, standing on wide feet made of cast iron or of crossed planks. In these uprights there is a slot, as shown in cross section

E. E. Merrill, Milwaukee A. C., high jumping in an all around championship.

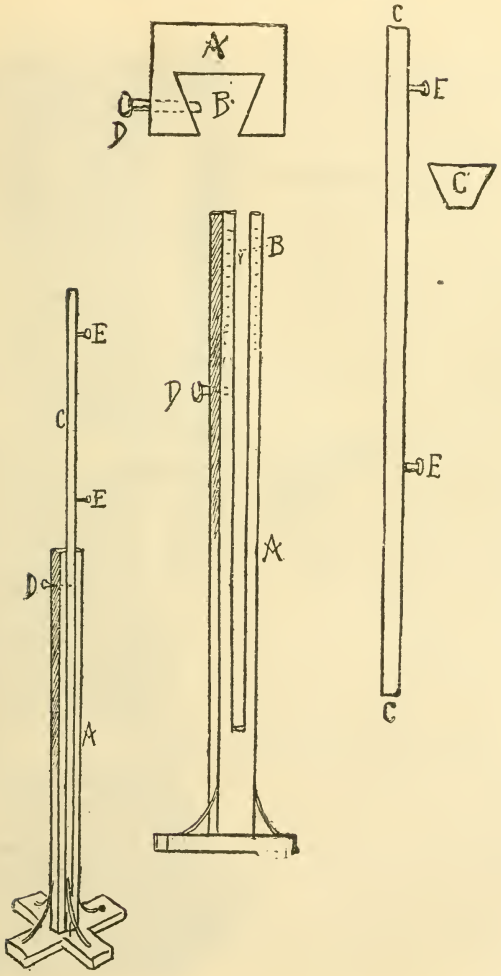


Fig. 7.

S. S. Jones, N. Y. A. C., high jumping.

B, wider at the inner than at the outer edge. Into this slot fits the upright sliding bar, C, shaped as shown in cross section, so that while it slides easily up and down in the slot it cannot fall out. One permanent peg, projecting about two inches, is placed in this sliding bar, near its bottom, and another at the top; the upper one being used only for pole leaping. These uprights should be seven feet high and the sliding bar six feet in length, so that the upper peg can be raised to about twelve feet and still leave enough of the sliding bar in the slot to hold it firmly. Near the top of the upright a thumbscrew works through a hole, so that by turning it the sliding bar is held in any desired position. On the face of the upright are marked off feet and inches from the ground, so that by looking at the figures opposite the lower peg, it can be told at any time how high it is, and on the face of the sliding bar is a scale of feet and inches so arranged, reversely, that the reading on the sliding bar, just at the top of the upright, shows the height of the upper peg from the ground. A neater but more expensive style is to make the uprights, C, and the rods, D, of iron tubing instead of wood. In the running high jump the bar is usually placed for the first attempt at about four feet six inches, and then moved up one or more inches at a time. The uprights should be placed about eight feet apart. The cross bar should be about one inch square, less being better than more, and about ten feet long.

PUTTING THE SHOT

The shot is put from a seven-foot circle, the same as those used for the hammer and 56-lb. weight; but two feet of the circumference of this circle, across its front, must be a toe-board 4 inches in height. This board is shown in Fig. 8. It is a piece of lumber (A) 4 inches in height, 2 feet long and about 4 inches thick, hollowed out so as to fit the circumference of the circle. Through this plank (A) pass rods of half-inch iron, B, B, sharpened at the bottom end. When needed for use these pins are driven into the ground until the inside face of the plank is just even with the circumference of the circle,

Champion Prinstein landing in the broad jump.

making a firm obstacle, against which the putter can kick his forward toe when he delivers the shot. When not in use this toe-board can

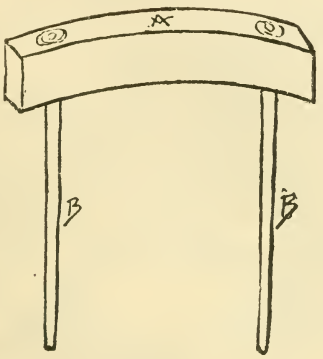
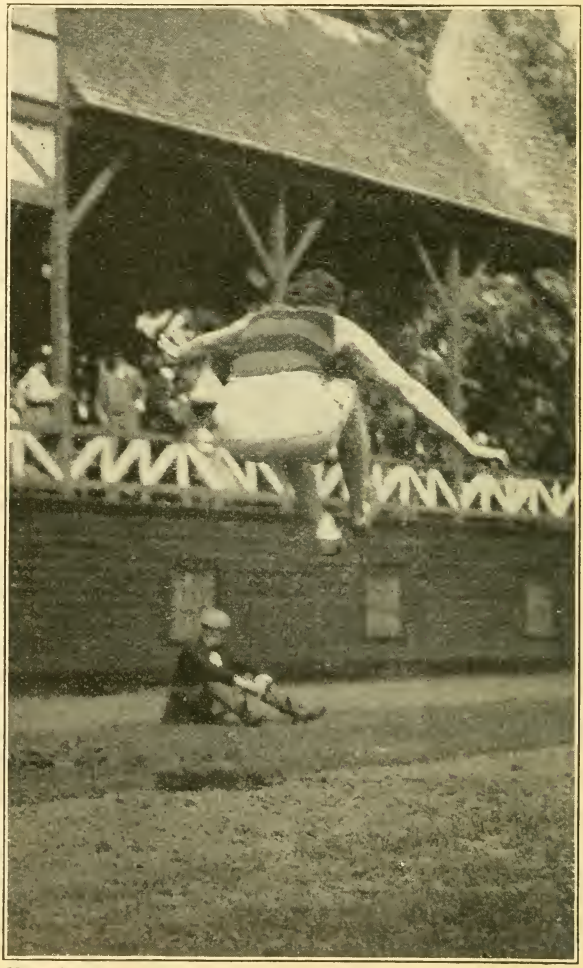


Fig. 8.

be pulled up, and thus the same seven-foot circle can be used for all three games, the shot, hammer and 56-lb. weight, if necessary.

TUG OF WAR

The rope must be one and one-half inches in diameter. When awaiting the starting signal the eagerness of either team leads them to try to pull the rope a little to their own side, and the starter commonly has trouble in effecting a fair start. To remedy this a machine has been devised, as follows: Two cleats are bolted to a platform about five inches apart. A bolt through them holds one end of the line, which is held down by the starter's foot so as to press upon the rope down below the cleats and hold it firmly. As he fires the pistol the starter lifts his foot, allowing the lever to fly back and the rope to straighten up.



Champion Kraenzlein jumping. High in air. Note well how he draws up his knees.

HOW TO ORGANIZE AN ATHLETIC CLUB

The object in publishing this book is to educate those who are not familiar with the management of athletic games or the organization of athletic clubs. Elsewhere will be found a form of constitution and a few points upon just how it will be necessary to proceed in order to interest those in your county who might become interested in an athletic club. It is not necessary that all the members of your club be athletically inclined. It would be to the organizer's advantage to get the co-operation of the leading citizens and business men of your county, as they, to a certain extent, would add materially to the standing of an athletic club no matter where situated. There is no reason why athletic games should not be held in your county on certain days and also at every gathering of importance, such as picnics, county fairs, etc.; and, of course, an athletic track is the first requisite. Full directions for laying out a track will be found in Mr. Curtis's article on "Athletic Grounds and Games," in this book.

After the date has been decided upon and the grounds arranged for, comes the preliminary work in relation to advertising and procuring your entries. The amount of advertising done will depend to a certain extent upon the number of people in your county.

The list of events will all depend upon the number of athletes you have got and the number of athletes expected. As your games will naturally be given under the rules of the A. A. U., all competitors must be registered amateurs. It will be necessary to have the entry blank as adopted by the Registration Committee (see opposite page) on the back of all circulars and announcements. These circulars, which are generally $8\frac{1}{2}$ x 11 inches in size, should be sent to all clubs, factories, schools, colleges, Y. M. C. A.'s., etc., in your county with the object of creating an interest in the affair.

Bad form for a broad jumper. Note the difference between this and Kraenzlein's position on next page.

....No Entry will be Received Excepting upon this Form....

OFFICIAL ENTRY BLANK AMATEUR ATHLETIC UNION OF THE U. S.

.....189....

Please enter me for the following events, for which I enclose the sum of..... dollars and.....cents in full for entry fee:

1..... .....
2... ....
3.....

4..... .....
5.....
6.....

Each Competitor must fill out the following, and in signing same he certifies that he is a registered amateur according to the laws of the A. A. U. of the United States. Great care should be used in filling in events, time, etc., as an error will be considered as intended to mislead the Handicapper, and such entry will be rejected. The right to reject any entry is reserved.

I CERTIFY THAT MY LAST THREE PERFORMANCES WERE AS FOLLOWS:

Event.	Date.	Name of Games.	Scratch Man.	Start Received.	Place Won.	Time, Height or Distance.	Name of Winner.
.....	....	....	... .	.....	.....	.....	.....
.....	.....	.....	.....	.....	.....	....	. ...
.....	.....	....	....	....	.....	.....	.....

MY BEST PERFORMANCE FOR EVENTS ENTERED IN ABOVE ARE AS FOLLOWS:

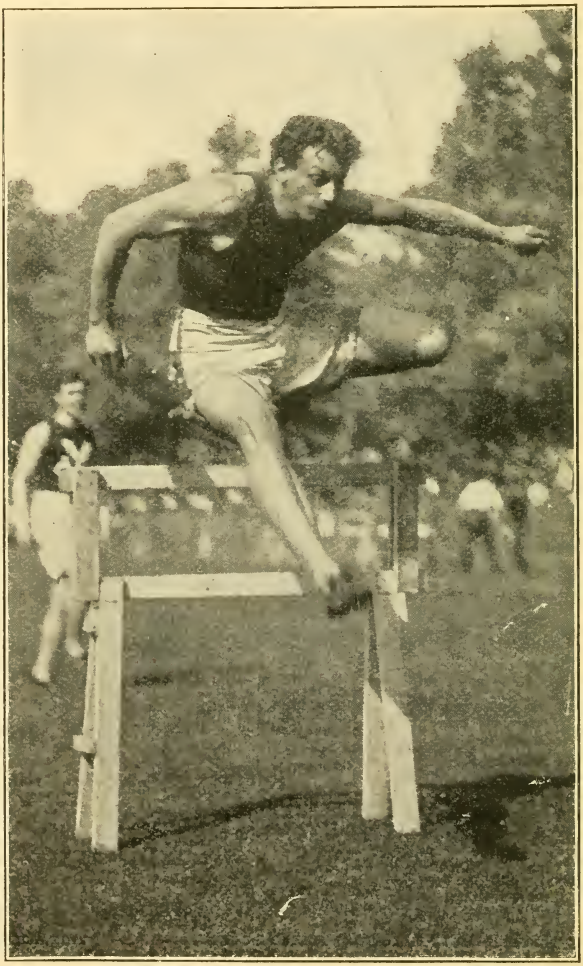
1..... ....
2.....
3.....
4. ....
5.....
6.....

Signature..... .....

Address.....

Club .....

Registration No.....



How to take a high hurdle (showing Champion Kraenzlein, world's record holder for 120-yard hurdles).

On other pages will be found illustrations of all apparatus necessary to use in conducting an athletic meeting. They can be secured from A. G. Spalding & Bros., New York and Chicago.

There should be an ordinary amount of advertising done and circulars should be distributed announcing the features. Posters should be displayed, and if it is possible to get enough money subscribed from public-spirited citizens in your county to pay the expense of the meeting, which need not necessarily be very much, invitations should be sent broadcast, the idea being to popularize the sport. The first meeting should necessarily be an invitation affair, so as to let the public see just what an athletic meeting is like, when properly conducted.

After the entries are received from the prominent athletes the programme should be made up with the names of each contestant properly printed, with the school, college or club he represents mentioned, also his registration number, competitor's number and handicap, providing it is a handicap event. The competitor's number is the number worn by each contestant. This can be of paper and must be worn conspicuously and correspond with his competitor's number mentioned in the programme.

In so far as publicity is concerned you should go to the county newspaper, or the paper in your town and the county towns, and give them all the news you possibly can about the meeting. Tell them who is going to compete, their records and all the data you can that would interest the public. You should have a press committee to write articles about the meeting and keep the public posted about just what is going on.

The management of the games should be in charge of a certain official, as set forth in the General Athletic Rules. It is desirable to invite as officials, men who have had some experience in athletics, if possible. Then men should be selected who have read the Athletic Rules and who are fairly intelligent enough to conduct the meeting according to the letter of the law. A great mistake will be made in selecting men who are really not competent and have little knowledge of the rules. Of course, to a small club making a start, it will be important to select good men.

The prizes may consist of any of the articles designated in the

University of Pennsylvania relay races at Philadelphia—Waiting to be touched before starting.

A. A. U. handbook, and neednot be expensive. The prizes could be obtained from local dealers or from the large houses making a specialty of such goods.

Of course in some sections it will be possible to secure appropriations from the county and state to further amateur athletic sports. This matter should be given careful consideration by the county representatives of the A. A. U.; and it is a common practice in some rural towns to procure the necessary money by subscription. A list taken among the prominent citizens will surely be filled in a short while.

EVENTS

In selecting the events for your games, try to give a variety, at least one sprint run, a distance run, a walk, one hurdle race, one weight event and a jump.

Novice races should be given by a newly organized club, particularly when the ability of the different athletes is not very well known. By giving novice races, which are, of course, scratch races, the committee in doing the handicapping for subsequent handicap meetings will be able to get a line on the contestants and handicap them intelligently. The handicapping is something that will eventually cause a considerable amount of dissatisfaction, as it always does. In handicapping races the idea is to make the finish as close as possible. The rule of the handicapper should be to make each and every race a dead heat, if possible. For instance in your first race if Charles Jones wins a novice race quite easily by 80 yards from John Blank and John Doe is 40 yards behind him the next handicap should be John Doe 120 yards, John Blank 80 yards and Charles Jones scratch. The same would apply to sprint races. The work would consist in picking out the marks for the different men. The weight events should be handicapped by inches and so should the jumps, and the same general plan should be followed out as to who should be the scratch man in the competitions.

Another very interesting way of encouraging your men, after you have given enough novice races to allot handicaps, is to have closed

Relay racing—Teams of four men, each man running a quarter mile. The first relay finishing, the second relay waiting on the mark to start. The men cannot run back, they must wait on the mark.

or time races, which were popular some years ago in America. For instance, give a half-mile run for those who were never beaten in two minutes and twenty seconds; a mile run for those never beaten in five minutes, and a mile walk for those that were never beaten in eight minutes. In this way a man who might be handicapped out of a race is given a chance to win occasionally.

In handicapping, much of the trouble to the handicapper is caused by athletes not filling out their entry blanks intelligently. If an athlete would put his best performance on the blank, the mark he started from and how he finished, the handicapper could do very good work without much trouble. This blank should be filled out conscientiously. The handicappers throughout the country should report to the member of the Registration Committee of the district any attempt to deceive them, for certainly a few examples should be made of the men who go around and endeavor to mislead the handicapper by false statements as to performances on the blank or neglect to put their best performances in.

In addition to what has already been written in reference to handicapping, it may be as well to state that when an athlete enters he is required to fill out an entry blank for the information of the handicapper. In time events he is required to give his last three best performances, stating in each case the time of the race. In the weight events the athlete is required to give his last three best performances, giving the distance in each case that the event was won by; therefore it will be necessary for the handicapper to arbitrarily adopt the following table for timing events: In running races up to and including 220 yards, allow ten yards for a second; races over 220 yards, and up to and including 440 yards, allow 8 yards to a second; in races over 440 yards, u to and including one mile, allow 6 yards to a second. In races over one mile the handicapper will use his own judgment. In the weight events the handicapper will be governed by the actual last three performances. Of course, it is a well-known rule in handicapping that a novice entry in a competitive event, unless there is some good reason to the contrary, be given at least one half the limit. The handicapper would, of course, penalize an athlete for a win and for a place. This, of course, would be a matter in which he would use his judgment.

Relay races at the New York A. C., Travers Island, N. Y. Two fresh runners starting in relay.

In order to bring out the talent that exists in your club, club games should be given at least once a week. Club games always tend to increase the athletic interest among the members. It will not be necessary to give prizes for each set of club games given. Three prizes can be given to the athletes scoring the most number of points during the year on the basis of 5 for firsts, 2 for seconds and 1 for thirds. In this way the boys will take an interest in the doings of the club. They will keep on training and exercising, and nothing helps a man more than competition. The old saying among certain clubs—that there is not enough competitions in their territory—shows there is a lack of interest and not the right man at the helm, for when ten or fifteen men congregate at one club there certainly should be enough interest taken in the ten or fifteen men to have competition for them, which could be arranged at no great expense. As a sample of how club competitions are beneficial the case of the Pastime A. C., of New York, may be cited as an example, where as many as one hundred entries have been received for its weekly competitions.

After the organization of an athletic club is perfected it is essential that you ally yourselves with one of the associations of the A. A. U. This gives you prestige, and if you should at any time give open games, your sister clubs are sure to help you. By "open" games is meant that all registered amateur athletes are elegible for entry.

Attached herewith will be found the different associations of the A. A. U., the districts they cover and the secretaries of each of the associations. To join one of these associations all that is necessary is to proceed according to the following By-Law of the A. A. U.:

ARTICLE IV.

MEMBERSHIP IN THE ASSOCIATION.

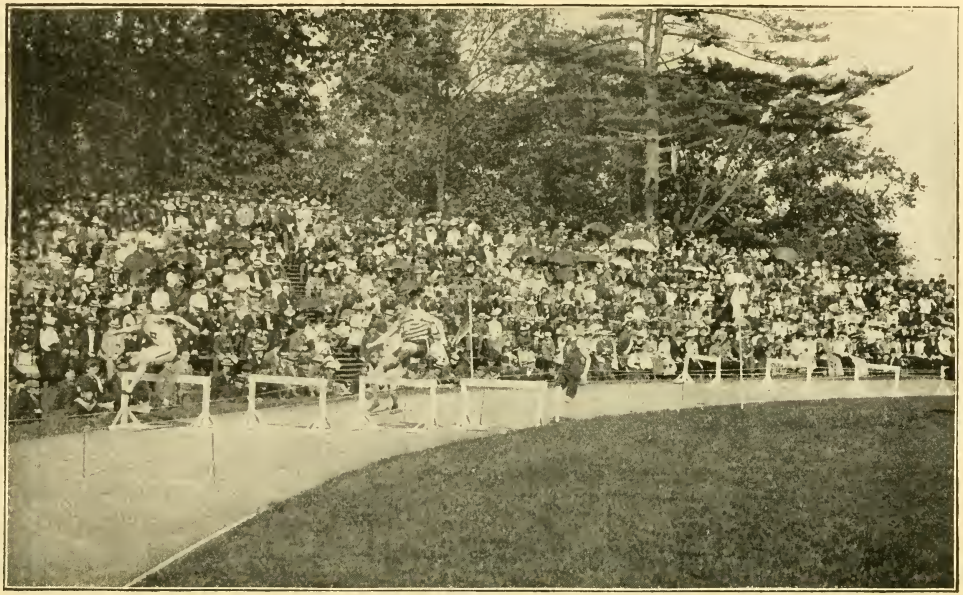
Any organization eligible under the Constitution of the Union and of this Association desiring to become a member of the Association, shall make application in writing to the Secretary-Treasurer declaring:

(*a*) Its name, location, the number of its members and the names of its officers.

(*b*) Date of its organization and its purposes.

(*c*) That it will, if elected a member of the Association, abide by the Constitution, By-Laws and Rules of the Union and Association, and will respect, abide by and enforce all decisions of the Union and Board of Managers of this Association and the decisions of the Registration Committee of the Union.

It shall transmit at same time the dues required by the Constitution of this Association, and a copy of its Constitution and By-Laws. Such application shall be immediately referred by the Secretary-Treasurer to the proper Committee to investigate and report.



A low hurdle race around a turn at Travers Island, N. Y. (New York A. C.), each man having his own hurdle and running a full 220 yards. Note positions of hurdles.

REGISTRATION

By reading the rules over carefully, the organizer of an athletic club will readily understand that in order to compete as an amateur an athlete must be registered. Attached herewith is the form of registration blank, which must be filled out and forwarded by each athlete to the member of the Registration Committee having charge of the respective districts. Mr. James E. Sullivan, of 16 and 18 Park Place, New York, is Chairman of the A. A. U. Registration Committee. The different districts of the Amateur Athletic Union are as follows:

NEW ENGLAND ASSOCIATION—Consisting of Maine, New Hampshire, Vermont, Massachusetts, Rhode Island and Connecticut.

METROPOLITAN ASSOCIATION—Consisting of New York State and New Jersey (north of Trenton).

ATLANTIC ASSOCIATION—Consisting of New Jersey (south of Trenton), Delaware and Pennsylvania.

SOUTH ATLANTIC ASSOCIATION—Consisting of Maryland, Virginia, West Virginia, District of Columbia, North Carolina and South Carolina.

WESTERN ASSOCIATION—Consisting of Missouri, Nebraska, North Dakota, South Dakota, Askansas, Colorado, Kentucky, Kansas, Wyoming, New Mexico, Indian Territory and Oklahoma.

CENTRAL ASSOCIATION—Consisting of Ohio, Illinois, Indiana, Michigan, Wisconsin, Iowa and Minnesota.

PACIFIC ASSOCIATION — Consisting of California, Arizona, Nevada and Utah.

SOUTHERN ASSOCIATION—Consisting of Tennessee, Florida, Alabama, Georgia, Louisiana and Texas.

PACIFIC NORTHWEST ASSOCIATION—Consisting of Idaho, Montana, Oregon, Washington and Alaska.

ATHLETIC LEAGUE OF Y. M. C. A.'S OF NORTH AMERICA—G. T. Hepbron, 3 W. 29th Street, New York City.

You cannot compete unless you are registered, and should you compete at meetings where athletes who are not registered are allowed to compete, you will thereby disqualify yourself. Upon receipt of

A steeplechase. (*Sanford, McGirr, Newton.*)

APPLICATION FOR REGISTRATION IN THE AMATEUR ATHLETIC UNION OF THE U. S.

Registration Committee of the A. A. U. GENTLEMEN:—Enclosed please find One Dollar in payment of the Registration Fee in accordance with the provisions of General Rule II. I certify that I am an amateur and eligible to compete under the rules of the Amateur Athletic Union.

I CERTIFY THAT MY BEST PERFORMANCES WERE AS FOLLOWS:

Event.	Date.	Name of Games.	Scratch Man.	Start Received.	Finished.	Time, Height or Distance.	Name of Winner.	Time, Height or Distance.

I have played Basket Ball with the following teams during season of.....

I have played Foot Ball with the following teams during season of.....

I have played Base Ball with the following teams during season of.....

Care should be used in filling in events, time, etc., as an error will be considered as intended to mislead the handicapper.

Name.....

Street or Box.....

City or Town.....

State.....

Club.....

Approved (leave blank).....

The above application is endorsed by

.....

.....

.....

Registration Number.....

your application blank, properly filled out, the representative of the Registration Committee will forward same to the Secretary of the Amateur Athletic Union, who will at once issue to you a certificate of registration bearing your number, which holds good for one year.

After the formation of your county athletic club, if it is found necessary that you cannot procure a training quarters for your men—that is, any place suitable for continual training—an exciting form of exercise to indulge in, and one that is harmless, is that of hare and hounds. It is a simple way of obtaining outdoor exercise and pleasant exercise. Select two of your runners to act as hares, furnish them with bags to fling over the shoulder and to contain paper, cut in as small pieces as possible. The paper is to be distributed by the hares over the trail. Give them say five minutes' start on the pack of hounds. The hares will take any course they desire across country, always leaving an intelligent trail. The hounds follow, the idea being to overtake them before they get home. The start and finish is usually made at the same place. They make a circuit of the surrounding country and return to the starting place, usually some hotel or club house. After the boys go through this exercise several times the distance can be increased.

NOTES FOR THE ATHLETE.

PROTESTS—If you have any appeals or protests to make they should be made to the referee. Always remember that the latter's decision should not be questioned and that you must not become abusive. Such conduct will surely bring you trouble, and may be the cause of your being suspended.

The referee alone has the power to change the order of events. The referee has the power to disqualify a competitor for jostling or impeding the progress of another runner, it is immaterial whether done intentionally or through carelessness.

In the final heat the referee has the right to disqualify any one who interferes with the other runners, and if he so desires he can order a race between the other competitors.

There should be at least four inspectors. They are assistants to the

referee. They have no power to make decisions, but can report to the referee any case of deliberate fouling, and the referee can act as he sees fit.

The judges at the finish decide the winner, second, third and fourth men, and so on. There is no appeal from their decision. There is also no appeal from the decision of the field judges.

The most important official at an athletic meeting is the starter, and in America we have several competent ones, but they are not numerous, as it requires years of practice in all kinds of competitions to make a starter expert. It will be necessary, of course, in localities where it is impossible to get an expert starter for a man to start in and make himself a starter. In sprint races it is customary in and about New York City, especially at the intercollegiate meeting, as well as other large meetings, for the starter to proceed something on this plan: The four starters in the 100 yards race are placed on their marks by the clerk of the course. The starter orders the men to take their marks. When the men are at their marks he says in an authoritative tone, "Get set." Then, after holding the men a reasonable time on the marks and they are all steady so that no one has an advantage over another, he fires his pistol. The clever starter is one that will hold the men at their marks, sending them all away at once as one man, so that no one can have an advantage. Any kind of a pistol will answer for the purposes of the starter, and it is customary to use blank cartridges. A starter must hold the pistol in the air so that the timekeepers can see the flash.

The judge of walking will give each contestant who is walking unfairly three cautions. If he walks unfairly in the last 220 yards he can be disqualified.

The success of a meeting depends, to a great extent, upon the ability of the clerk of the course. He should be energetic, firm and a bit dictatorial. He should have assistants. He should assign one assistant to the field events and one to the track events; the duty of the assistant clerk of the course being to announce in the dressing rooms the event to be started. When the contestants come on the field, if it is a handicap event, they should at once take their given handicaps, which are usually marked with whitewash or printed on papers and tacked to the border of the track. Each competitor will

know by a glance at the programme how much start he has received and he then goes back and finds the mark. The clerk of the course goes around and sees that each contestant is on his mark. He then blows his whistle to the starter as an indication that the men are all right. In scratch races the same rule applies. The clerk should be quick and energetic in placing the men and not argue with them as to what position they have on the track or where they should start from. He should invariably have, before one event is started, the next event called and the men within hailing distance of the starting point.

The clerk of the course will be saved a great deal of trouble if the contestants, before they go on the track, procure a programme and ascertain their number. They should then get their numbers and pin them on, for the reason that contestants are not allowed to start in races unless they are properly numbered. It is the duty of the clerk of the course to see that each contestant is properly numbered and attired.

It is very important in selecting field judges that you have one or two men who are expert enough to act intelligently. In putting the shot and throwing the hammer, if the contestant steps outside the circle when making a delivery, it constitutes a foul; also stepping out of the front half of the circle constitutes a foul. The measurement in a weight-putting event is from the first break in the earth made by the sphere to the inner edge of the whitewashed circle. In measuring a broad jump you measure from the nearest break in the earth made by the contestant's heel to the toe-board, but, in making the attempt, should the jumper fall back, you measure from where his body or hand touched the ground to the toe-board.

Protest against a competitor or competitors can be made to the games committee or to the referee during the meeting.

The finish of a race is when any part of the winner's body, except his hands or arms, shall reach the finish line. The tape stretched across between the finish posts is not the finish line, it is merely placed there to guide the judges in arriving at a decision. The finish line is a whitewash mark drawn across at right angles to the sides of the track. When two athletes run a dead heat in a track event they cannot toss. They must compete again.

In handicap jumping contests, when there is a tie, the competitor receiving the least allowance wins. In case a tie occurs in a scratch contest, three additional trials at each height will be given, and the bar lowered until one shall clear it. In case of a second tie, the contestant wins who clears the bar with the least number of trials.

The order of events in the scratch events shall follow the printed programme. In handicap field events the man with the greatest allowance makes the first trial and the scratch man last.

The field judges shall decide at what height a jump shall commence. Each contestant receives three trials at each height.

A foul jump in the running broad jump is when the contestant oversteps the joist and makes a mark on the ground in front of it, or runs over the line without jumping. The latter is what constitutes a foul without result.

The club giving the games shall furnish poles in the pole vaulting contest. An athlete can furnish his private pole, however, and no contestant shall be allowed to use it.

The matter of timekeeping is of very great importance. The rule is to time with one-fifth-second watches, and the timekeeper must be a man who has a quick eye and a quick movement, for the simple reason that the very moment he notices the smoke of the pistol he starts his watch, and when the runner reaches the tape he must stop the watch instantly, for then he has completed his journey, and any loss of time in stopping the watch will be a disadvantage to the runner. Novice timers must be particular to start their watches from the smoke instead of from the sound of the pistol, for obvious reasons. In the case of time-allowance handicaps, the timekeeper must make up a table and start the limit man first and the other men accordlng to their respective allowances; for example, in the mile walk A receives 50 seconds, B 40 seconds, C 30 seconds and D is on scratch. A is started and given 10 seconds on B; B gets 10 seconds on C, and C gets 30 seconds on D, the watch then showing 50 seconds, which the limit man gets on D.

No record performance will be allowed unless timed by at least three official timekeepers, and no record will be accepted unless made in open competition.

A man loses his novice standing the minute he wins a prize, and he

cannot compete in any other novice race, it is immaterial when the entries closed. In other words, if a man enters in a novice race at a set of games, and the first event should be a 60 yards run handicap, and he finishes second and wins a prize, he cannot compete in a subsequent novice race.

It is necessary for the Games Committee to look after all the appurtenances of the meeting.

No professional contest or exhibition shall be allowed at any games held under the auspices of the A. A. U., except that regularly employed instructors may take part in exhibitions with their pupils.

A contestant should be properly attired, and it is the duty of the clerk of the course to see that this rule is obeyed.

An open event is an event that is open to more than one club, school, college or organization.

HINTS ON TRAINING

It is an impossibility to give information or instructions on training which will apply to everyone. Different surroundings and conditions are the principal reasons. I shall endeavor, in this short article, to give a few ideas on work, diet, etc., which if followed will certainly do no one harm, and ought to prove of benefit to any one.

If you intend to train you should fit yourself out with the proper paraphernalia. You should also have the advantage of some gymnasium, or have some place where you can get indoor exercise in the early season. If you can not go to some private or club gymnasium then you should have at at home a pair of Indian clubs, dumbbells, pulley weight, chest expander, rowing machine and a skipping rope. The above articles will furnish enough exercise for any young man. You should have one suit, consisting of shirt, sweater, long thick stockings, heavy weight knee pants and shoes, suitable for running on the road. Use a garter to support the stockings; not one encircling the legs, but one suspended from a belt about the waist.

I have found that the ordinary rubber-soled gymnasium shoe will answer for roads. If they do not agree with you get shoes of light leather, with a light sole and one extra thickness for a heel.

Trials should not be taken at any event until you have been working at least three weeks. In running long distances but one trial at the full distance should be run, and that at least ten days before date of competing. In jumping, pole vaulting, weight throwing and short distance running, once a week is often enough to have a trial, and that should be taken at least four days before date of competition.

Broad jumpers often make a mistake in trying at their event too often and continuously. After getting your run and take off, which should be carefully measured and noted, and which is the first thing you should be perfect in, a day's jumping (not for distance) about twice a week and sprinting on the other days is all that is necessary. A trial about once in two weeks will be enough. I know good broad jumpers who never try it except in competition. The

same is true of high hurdle running. After you have mastered the step for about three hurdles, practice at sprinting is all you need. Go into all the games you can, as you will then become accustomed to competition, and it will give you confidence and make you less nervous.

DIET.—While good, wholesome food is necessary to perfect training, a man should not deny himself everything. In regard to dieting, have your food good and well cooked, and confine yourself as far as possible to beef and mutton for meats, and eat eggs and fish occasionally. Pastry should be dispensed with. By that is meant pies, most kinds of cake and puddings. Plain cake, rice, bread, tapioca and a few other similar plain puddings may be eaten.

Many trainers consider it does a man more harm to go without something he really craves than it does to occasionally eat it. It is not the use but the abuse of such things which will bring harm to a man's training.

Again, a man can digest things while training which would trouble him ordinarily. A man should drink as much water as he wants, but liquors or beer should not be allowed under any circumstances. They are sometimes used when a man is overworked, but the best way is to lay off a few days. Eat all digestible vegetables, avoid soups, tea and coffee, also milk, unless it really agrees with you. Use a moderate amount of fat; the fats of beef and mutton, but little butter. Fat will aid nature in your training, and a little of it is absolutely essential. Have your meals always at the same hour on succeeding days.

BATHING.—Get a good-sized sponge and take a bath. Draw warm and cold water into a bowl until the warm has just taken the chill off the cold. Dip your sponge in and wring it gently, not getting all the water out of it. Wipe yourself off. Wipe one arm and wring the sponge out in the water; repeat with the other arm; and so go over the whole body, dipping the sponge in the water often. Then wipe perfectly dry with a rough towel. Don't bathe until you have ceased to perspire. Don't take a shower bath or get into a tub, and never use absolutely cold water. Once a week use soap, and take the same process before described with the sponge to get it off. You will find it very pleasant, especially in warm weather, each morning and night

to wring your sponge out in the water and wipe yourself, using an ordinary towel to dry, and not rubbing yourself. Don't be afraid to take these baths in this way, for they are not weakening in the least.

SLEEP.—This is one of the most important things connected with training. Any man who is taking regular work should be able to sleep, and he must devote at least eight hours a night to it. Go to bed about 10.30 at the latest, and arise about ten minutes after you awaken in the morning. Don't get right up the first thing. Go to bed the same time every night. If at first you wake early in the morning get up, no matter what the time it is, but go to bed at the usual time that night. You will find that your next night's sleep will be more perfect and that it will soon be regular.

STARTING.—With sprinters, the one essential thing is the start. Many a race is won at the beginning. You should begin your practice at starting gradually and early in the season. Practice it only a few times each day. If you get too sore, let up for a few days. Always practice with some one, and practice with any one and every one. This is the only way. Get some one who will hold you on your mark to start you, either by pistol or word. Never try to beat the word or pistol either in practice or at any time. Clubs running games at the present time are generally very careful as to their selection for the position of starter, and you must accustom yourself to being held on the mark for different lengths of time. To be ready for the pistol is the first thing, and to immediately start after hearing it is the next. There are several different styles, but experience has proven that the only one and the fastest for all sorts of men is the "kneeling" style. True, there are men who use other styles to good advantage, but any one can improve themselves from one to two yards by the low start if they get it right. There are several styles of low starts, and the one particularly referred to, is as follows:

Place the forward foot from four to eight inches back of the starting line. The reason this distance must vary is owing to the different length of arms of different men. A man with short arms will get nearer the mark, and you must use your own judgment and try to find from which distance you can the most readily respond to the pistol. The distance of the back foot is similarly governed by the length of leg. Place your front foot in its proper position and then

crouch down, extending your back foot in the rear until your lower leg (from the knee to the ankle) is parallel with the surface of the track. When the knee of the back leg will just touch the heel of the forward foot you have got the position for the back foot. Measure this distance from the starting line, put it down somewhere so you won't forget it, and "always" use the same distance. You will find that the distance of the rear foot from the starting line is about 3 feet, 2 inches. Now, the thing is to start properly. The common fault with low starters is that they immediately straighten up when the pistol is fired. This is entirely wrong. You should dive forward and not try to straighten until you have run at least three strides. This fault of straightening too soon is caused by men putting the rear foot too near the mark. When they push off they can't help rising. If you put it back far enough you will dive straight forward, and that is where the quickness of the start above all others comes in. From this position you will seldom go over before the pistol is fired.

WORK.—There is nothing you can do which will stand you in as good stead as running on the road in the early season and many prominent athletes have made their first start in athletics by starting in on the road, because at times it may be impossible to find a suitable track in your immediate neighborhood. Here is where you find use for your "heavy" suit. Never go out on the road without covering the legs and knees perfectly. You may not notice it now, but in after life freedom from rheumatism will amply repay you for the trouble. Right here I would like to say that, in the spring and fall, you *must* keep covered up under any circumstances, unless actually competing. In taking road work you should begin with about two miles at an easy gait on three nights in the week, running every other night. On the other nights you should devote your time to the specialty you intend to take up. You should also take exercise with light dumb-bells (two-pound wooden bells are the best) and use the chest weights. This gets your upper body into good condition. After running and practicing this way for about three weeks you will be in good condition to take up whatever branch of work you have decided to try, and this preliminary work will stand you in good stead later on when competing. This work is consider good and necessary for

sprinters and short distance men and, in fact, for all classes of athletes. You can now begin regular work to develop your specialty. Whatever this is, you should arrange your work so that you have long and hard work one day and short light work the next. After a man has once brought himself to good condition very little work is necessary to keep there, and care should be used, after working steadily for four or five weeks, not to work too much. If you begin to feel lazy and tired after working, stop for two or three days. Do your work at the same hour each day, if possible, and have that hour correspond with the time at which you will compete. Most games are run in the afternoon and that is usually the most convenient time to work.

ORGANIZATION OF A CLUB

The course to pursue in order to start amateur athletics in your county would be to call a meeting of students and pupils of all colleges and schools, respectively, and if a manufacturing town call all employees, as well as others who would be likely to take an interest in amateur pastimes, and organize an athletic club to be named after your county or town. The constitution and by-laws of such club should be modeled on the following lines:

CONSTITUTION

ARTICLE I.

NAME.

SECTION 1. This organization shall be known as [name adopted], incorporated [date].

OBJECT.

SEC. 2. The object of this club shall be physical development.

SEC. 3. Gambling and sale of liquors will not be allowed in gymnasium or club room. Members who are expelled for violating this section forfeit all rights in and to the privileges, property and franchises of the club, but are still liable for arrearage of dues, fees, assessments or charges previously held against them. The club agrees to abide by all rules and regulations of the Amateur Athletic Union or any of its committees.

ARTICLE II.

MEMBERSHIP.

SECTION 1. A candidate for membership must be not less than 18 years of age, and can only be proposed by a member in good standing, upon the proposition blank issued by the club, which must be accompanied by the regular fee, and handed to the Recording Secretary at least two weeks before the regular meeting.

SEC. 2. All candidates shall be voted for by ballot at the regular monthly meeting.

If three (3) black balls are cast against the candidate, he shall be rejected and his proposition fee returned to him.

SEC. 3. A rejected candidate cannot be proposed more than once in six (6) months.

ARTICLE III.

RIGHTS AND PRIVILEGES OF MEMBERS.

SECTION 1. The members of this club shall have the privilege of using the grounds and all apparatus contained within the club rooms or in possession of the club.

SEC. 2. Only members in good standing shall be privileged to vote and are eligible for office.

SEC. 3. Any member, to hold an office of trust or responsibility, must have been a member in good standing for three (3) months or more.

ARTICLE IV.

MEETINGS.

SECTION 1. The regular meetings of this club shall be held on the evening of the , at 8 P. M.

SEC. 2. At the request of twelve (12) members, the President may call a special meeting should any circumstance require it.

Written or printed notices of all special meetings shall be sent to each member in good standing, at least 48 hours before said meeting shall be held, and no business but that specified shall be transacted at said meeting.

SEC. 3. Fifteen (15) members in good standing shall constitute a quorum for the transaction of business at any meeting.

ARTICLE V.

OFFICERS.

SECTION 1. The officers of this club shall consist of a President, Vice-President, Recording Secretary, Financial Secretary, Treasurer, Sergeant-at-Arms and Assistant, Captain of Indoor Sports and Assistant, Captain of Outdoor Sports and Assistant, Master of Property and Assistant, and the Board of Trustees.

SEC. 2. The Board of Trustees shall consist of five (5) members.

ARTICLE VI.

ELECTIONS.

SECTION 1. All officers shall be elected annually by ballot (or by acclamation, should there be but one candidate) at the regular meeting held in of each year.

SEC. 2. In case of vacancy of any office an election to fill such vacancy shall be held at the next regular meeting.

SEC. 3. Should any officer absent himself from three successive regular meetings, without excuse satisfactory to the club, the office becomes vacant and the club shall immediately proceed to fill same.

SEC. 4. In case of a tie vote at any election, the club shall again vote; should the second ballot result in a tie, the chairman's vote shall be the deciding vote.

ARTICLE VII.

DUTIES OF OFFICERS.

SECTION 1. It shall be the duty of the President to preside at all meetings of the club and conduct the same, according to the Constitution and By-Laws of this club, examine and sign all official documents requiring his signature; exert a general supervision over the interests of the club and perform such other duties as are usually required of and performed by a presiding officer, and call special meetings according to Article IV., Section 2, of this Constitution. He shall not vote except in case of a tie and neither make nor second a motion of any kind.

SEC. 2. It shall be the duty of the Vice-President to perform all the duties of the President in case of the latter's absence, or when called upon by that officer.

SEC. 3. It shall be the duty of the Recording Secretary to call the roll of officers; keep a correct account of the proceedings of the club, issue all proper notices, receive and open all communications and conduct all the correspondence appertaining to his office; keep a blank book in which shall be recorded the names of all persons rejected, suspended or expelled by the club, specifying for what offence such action was taken. He shall, for the faithful performance of his duty, receive per annum, payable quarterly.

SEC. 4. The Financial Secretary shall keep a correct account between the club and its members, collect all money due the club

and pay the same to the Treasurer, taking receipt therefor. At every regular meeting he shall render a list of all members four months or more in arrears to the Recording Secretary. He shall notify all members that are liable to suspension or expulsion within one week previous thereto. He shall, for the faithful performance of his duty, receive per annum, payable quarterly.

SEC. 5. The Treasurer shall receive all money collected by the Financial Secretary, for which he shall give his receipt, shall hold all money belonging to the club and pay therefrom all orders for money attested by the Recording Secretary, countersigned by the President and signed by the Board of Trustees.

The Treasurer shall furnish a bond, the amount of which shall be decided by the Board of Trustees. The bond shall be renewed immediately after the election. The Treasurer shall, at no time, have on hand more than ; all money above that amount to be deposited by him in some bank, to be decided by the Board of Trustees, delivering the book to the Board of Trustees within forty-eight hours after having made the deposit.

He shall make a written report at every regular meeting of the condition of the finances. He shall, for the faithful performance of his duties, receive per annum, payable quarterly.

SERGEANT-AT-ARMS AND ASSISTANT.

SEC. 6. It shall be the duty of the Sergeant-at-Arms and Assistant to maintain and preserve order at all business and gymnastic meetings.

INDOOR CAPTAIN AND ASSISTANT.

SEC. 7. The Indoor Captain shall have charge of all indoor exercises, as per rules and regulations of gymnasium; all orders and commands made by him during class hours must be complied with; any disobedience on part of exercising members he will report to the club at the next regular meeting. In the absence of the Indoor Captain the Lieutenant shall officiate in his stead.

OUTDOOR CAPTAIN AND ASSISTANT.

SEC. 8. The Outdoor Captain shall endeavor to promote outdoor athletic sports. It shall be his duty to handicap club competitions and appoint officials for same. In the absence of the Outdoor Captain the Assistant Captain will officiate in his stead.

MASTER OF PROPERTIES AND ASSISTANT.

SEC. 9. It shall be their duty to have charge of all apparatus of the club, shall keep same in good order, repair or have repairing attended to charging the same to the club.

BOARD OF TRUSTEES.

SEC. 10. The Board of Trustees shall have charge of all the property, effects and assets of the club. They shall, with the sanction of the club, have the power to buy or sell any property of the club.

To have and use a common seal and under said seal to enter into contracts. It shall be their duty to effect insurance on all property belonging to the club.

They shall report the condition of the club quarterly and at such other times as the club may require. It shall be their duty to investigate the qualifications of all candidates proposed for membership, which must be approved of by a majority of the Board. The Board of Trustees, in conjunction with the officers of the club, shall receive and consider all complaints of disorderly conduct.

They shall inflict punishment on the members found guilty, in the following degrees:

First offence—Reprimanded. Second offence—Debarred from all the rights and privileges of the club for the term of two (2) months, or a fine of $1. Third offence—His name shall be brought up at the next regular meeting of the club to be expelled.

Any member of the Board of Trustees absenting himself from three consecutive meetings, without valid excuse, his office shall be declared vacant and his place filled by ballot at the next monthly meeting of the club. Any member to be eligible to Trusteeship must be 18 years of age.

ARTICLE VIII.

COLORS AND UNIFORM.

SECTION 1. The colors of this club shall be

The uniform of the club shall consist of

SEC. 2. The emblem shall be a

SEC. 3. Any member representing this club at any competition, when entered by the club, must wear the club uniform, as described in Sec. 1 of this Article.

ARTICLE IX.

AMENDMENTS OR REPEAL.

SECTION 1. This Constitution may be amended or repealed by a two-third vote of the members present, at a regular meeting, provided that a copy of the proposed amendments shall have been handed to the Secretary, and read at a previous meeting and that all members be notified thereof.

ARTICLE I.

SECTION 1. The regular dues of this club shall be per month.

SEC. 2. Any member in arrears of dues to the amount of shall be notified, and unless giving a satisfactory explanation shall be expelled.

SEC. 3. Any member being fined or assessed, or who is indebted to the club for ball, picnic or excursion tickets and neglects to pay the same within months, shall be immediately notified by the Financial Secretary, and should he fail to pay at the next regular meeting, his name shall be presented to the club for action; the penalty for this offence shall be fine, suspension or expulsion, as the club may decide.

ARTICLE II.

RESIGNATION.

SECTION 1. Any resignation of membership must be made in writing but no resignation shall receive any consideration by the club until arrears, if any, have been paid, according to Article I., Sections 2 and 3 of the By-Laws.

ARTICLE III.

SECTION 1. The Board of Trustees shall have legal title to all the property of the club, should the same become insolvent or disorganized.

ARTICLE IV.

SECTION 1. Any member requesting to be suspended and giving a satisfactory reason in writing, may, upon the decision of the club, be suspended for a specified time.

ARTICLE V.

REINSTATEMENT.

SECTION 1. Any member stricken from the roll on account of being in arrears to the club, may be reinstated by paying up all his

indebtedness to the club, but must be elected by a two-third vote of all the members present at a meeting.

ARTICLE VI.

FINES.

SECTION 1. Any member failing to notify the Recording Secretary of the change of his address, within thirty (30) days, shall be fined

ARTICLE VII.

HONORARY MEMBERS.

SETION 1. Honorary membership may be conferred by the majority vote of the club; he shall have all the privileges, but no voice or vote in the club, cannot be eligible for office, shall not be liable for dues nor attend meetings. He may become an active member by the payment of dues from the date of his application.

ARTICLE VIII.

ENTRIES.

SECTION 1. Any member competing in an open competition approved by the A. A. U., when not entered by the club, shall pay his own entrance fee; upon winning a prize or making the standard time of this club, his entrance fee shall be credited against his dues.

ARTICLE IX.

VISITORS.

SECTION 1. Visitors must be vouched for or accompanied by a member. shall be visitors' night.

ARTICLE X.

DAMAGE TO PROPERTY.

SECTION 1. Damage to property shall be paid for by any person or persons wilfully causing same.

ARTICLE XI.

AMENDMENTS.

SECTION 1. These By-Laws may be amended or repealed according to Article IX., Section 1, of the Constitution.

ARTICLE XII.

DISSOLUTION.

SECTION 1. This club shall in no wise be dissolved as long as members shall be in favor of its continuance.

ARTICLE XIII.

ORDER OF BUSINESS.

1. Opening.
2. Roll-call of officers and trustees.
3. Reading the minutes of the previous meeting.
4. Proposal and election of new members.
5. Election of Officers and Trustees.
6. Reports of various committees.
7. Reading of correspondence.
8. Report of Financial Treasurer.
9. Report of Treasurer.
10. Unfinished business.
11. New business.
12. Adjournment.

If, in organizing your county athletic club, you could reach every one between the ages of 16 and 21 years, it would be a desirable thing to do. Of course, you would naturally advance amateur pastimes by advocating the holding of athletic events under A. A. U. rules at church picnics, political gatherings, county fairs, and in fact at all gatherings held by organizations of your county.

If you could interest the members of the public school board of your county and secure their assistance in the organization of your county athletic club, it would also be a desirable thing to do.

ATHLETIC RULES

OF THE

AMATEUR ATHLETIC UNION

RULE I.

OFFICIALS.

SECTION 1. All amateur meetings shall be under the direction of

A Games Committee,
One Referee,
Two or more Inspectors,
Three Judges at Finish,
Three or more Field Judges,
Three or more Timekeepers,
One Judge of Walking,
One Starter,
One Clerk of the Course,
One Scorer,
One Marshal.

SEC. 2. If deemed necessary, assistants may be provided for the Judge of Walking, the Clerk of the Course, the Scorer, and the Marshal, and an Official Announcer may be appointed.

RULE II.

THE GAMES COMMITTEE

in all national championship meetings shall be appointed by the Championship Committee.

The Games Committee at any club meeting shall be composed of members of the club holding the meeting.

This Committee shall have jurisdiction of all matters not assigned by these rules to the Referee or other games officials. (See also Rule XV.)

RULE III.

THE REFEREE

shall decide all questions relating to the actual conduct of the meeting, whose final settlement is not otherwise covered by these rules.

He alone shall have the power to change the order of events as laid down in the official programme, and to add to or to alter the announced arrangement of heats in any event. A referee has no authority, after heats have been duly drawn and published in a programme, to transfer a contestant from one heat to another.

When in any but the final heat of a race, a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and shall also have the power to allow the hindered competitor to start in the next round of heats, just as if he had been placed in his trial.

When, in a final heat, a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and he shall also have the power to order a new race between such of the competitors as he thinks entitled to such a privilege.

If, during any athletic contest under the rules of the Amateur Athletic Union, a competitor shall conduct himself in a manner unbecoming a gentleman, or offensive to the officials, spectators or competitors, the referee shall have the power to disqualify him from further competition at the meeting; and if he thinks the offense worthy of additional punishment shall promptly make a detailed statement of the facts to the Registration Committee in whose territory the offense was committed.

RULE IV.

THE INSPECTORS

It shall be the duty of an Inspector to stand at such point as the Referee may designate; to watch the competition closely, and in case

of a claim of foul to report to the Referee what he saw of the incident.

Such Inspectors are merely assistants to the Referee, to whom they shall report, and have no power to make any decisions.

RULE V.

THE JUDGES AT FINISH

shall determine the order of finishing of contestants and shall arrange among themselves as to noting the winner, second, third, fourth, etc., as the case may require.

Their decision in this respect shall be without appeal, and in case of disagreement a majority shall govern.

RULE VI.

THE FIELD JUDGES

shall make an accurate measurement, and keep a tally of all competitors in the high and broad jumps, the pole vault, the weight competitions and the tug of war.

They shall act as judges of these events, and their decisions, as to facts, shall likewise be without appeal. In case of disagreement a majority shall govern.

RULE VII.

THE TIMEKEEPERS

shall be three in number. They shall individually time all events where time record is required, and determine among themselves and announce the official time of each heat or race.

Should two of the three watches mark the same time and the third disagree, the time marked by the two watches shall be accepted. Should all three disagree, the time marked by the intermediate watch shall be accepted.

The flash of the pistol shall denote the actual time of starting.

If, for any reason, only two watches record the time of an event and they fail to agree, the longest time of the two shall be accepted.

NOTE.—For record, however, three watches must be held on an event. See Rule IV., General Rules of the Amateur Athletic Union

RULE VIII.

THE STARTER

shall have sole jurisdiction over the competitors after the Clerk of the Course has properly placed them in their positions for the start.

The method of starting shall be by pistol report, except that in time handicap races the word "go" shall be used.

An actual start shall not be effected until the pistol has been purposely discharged after the competitors have been warned to get ready. In case the pistol was not purposely discharged the competitors shall be called back by the starter by pistol fire. (NOTE.—The starter must have at least two good cartridges in his pistol before starting a heat).

When any part of the person of a competitor shall touch the ground in front of his mark before the starting signal is given, it shall be considered a false start.

Penalties for false starting shall be inflicted by the Starter, as follows:

In all races up to and including 125 yards the competitor shall be put back one yard for the first and another yard for the second attempt; in races over 125 yards and including 300 yards, two yards for the first and two more for the second attempt; in races over 300 yards and including 600 yards, three yards for the first and three more for the second attempt; in races over 600 yards and including 1,000 yards, four yards for the first and four more for the second attempt; in races over 1,000 yards and including one mile, five yards for the first and five more for the second attempt; in all races over one mile, ten yards for the first and ten more for the second attempt. In all cases the third false start shall disqualify the offender from that event.

The starter shall also rule out of that event any competitor who attempts to advance himself from his mark, as prescribed in the official programme after the starter has given the warning to "get ready."

RULE IX.

THE CLERK OF THE COURSE

shall be provided with the names and the numbers of all entered competitors, and he shall notify them to appear at the starting line before the start in each event in which they are entered.

In case of handicap events from marks, he shall place each competitor behind his proper mark; shall immediately notify the Starter should any competitor attempt to advance himself after the Starter has warned them to "get ready;" and in time allowance handicaps shall furnish the Starter with the number and time allowance of each actual competitor. He shall control his assistants, and assign to them such duties as he may deem proper.

RULE X.

THE JUDGE OF WALKING

shall have sole power to determine the fairness or unfairness of walking, and his rulings thereon shall be final and without appeal. He shall caution any competitor whenever walking unfairly, the third caution to disqualify, except that he shall immediately disqualify any competitor when walking unfairly during the last 220 yards of a race. He shall control his assistants, and assign to them such of his duties as he may deem proper.

RULE XI.

THE SCORER

shall record the order in which each competitor finishes his event, together with the time furnished him by the Timekeepers. He shall keep a tally of the laps made by each competitor in races covering more than one lap, and shall announce by means of a bell, or otherwise, when the leading man enters the last lap. He shall control his assistants, and assign to them such of his duties as he may deem proper.

RULE XII.

THE MARSHAL

shall have full police charge of the enclosure, and shall prevent any but officials and actual competitors from entering or remaining therein. He shall control his assistants, and assign to them their duties.

RULE XIII.

THE OFFICIAL ANNOUNCER

shall receive from the Scorer and Field Judges the result of each event, and announce the same by voice, or by means of a bulletin board.

RULE XIV.

Trainers and handlers shall not be allowed within the centre field or inner circle, or on the track immediately prior to or during competitions at championship meetings, except in distance races exceeding one mile; not to include A. A. U. championship meeting.

RULE XV.

COMPETITORS

shall report to the Clerk of the Course immediately upon their arrival at the place of meeting, and shall be provided by that official with their proper numbers, which must be worn conspicuously by the competitors when competing, and without which they shall not be allowed to start.

Each competitor shall inform himself of the time of starting, and shall be promptly at the starting point of each competition in which he is entered, and there report to the Clerk of the Course.

Under no condition shall any attendants be allowed to accompany competitors at the start or during any competition, except in match races, where special agreement may be made.

RULE XVI.

PROTESTS

against any entered competitor may be made verbally or in writing to the Games Committee or any member thereof before the meeting, or to the Referee during the meeting. If possible, the Committee or Referee shall decide such protests at once. If the nature of the protest or the necessity of obtaining testimony prevents an immediate decision, the competitor shall be allowed to compete under protest, and the protest shall be decided by the Games Committee within one week, unless its subject be the amateur standing of the competitor, in which case the Games Committee must report such protest within forty-eight hours to the member of the Registration Committee in whose territory the games are being held.

RULE XVII.

TRACK MEASUREMENT.

All distances run or walked shall be measured upon a line eighteen inches outward from the inner edge of the track, except that in races on straightaway tracks the distance shall be measured in a direct line from the starting mark to the finishing line.

RULE XVIII.

THE COURSE.

Each competitor shall keep in his respective position from start to finish in all races on straightaway tracks, and in all races on tracks

with one or more turns he shall not cross to the inner edge of the track, except when he is at least six feet in advance of his nearest competitor. After turning the last corner into the straight in any race, each competitor must keep a straight course to the finish line, and not cross, either to the outside or the inside, in front of any of his opponents.

In all championship races of the Amateur Athletic Union, or any of its Associations, at any distance under and including 300 yards, each competitor shall have a separate course, properly roped, staked and measured, whether the race be run on a straight path or around one or more curves.

The Referee shall disqualify from that event any competitor who wilfully pushes against, impedes, crosses the course of, or in any way interferes with another competitor.

The Referee shall disqualify from further participation in the games any contestant competing to lose, to coach, or to in any way impede the chances of another competitor either in a trial or final contest.

RULE XIX.

THE FINISH.

The finish of the course shall be represented by a line between two finishing posts, drawn across and at right angles to the sides of the track, and four feet above which line shall be placed a tape attached at either end to the finishing posts. A finish shall be counted when any part of the winner's body, except his hands or arms, shall reach the finish line. The order of finishing for second and third places, and so on, shall be decided in the same manner.

RULE XX.

HURDLES.

Different heights, distances and number of hurdles may be selected for hurdle races.

In the 120 yards hurdle race, ten hurdles shall be used ; each hurdle to be three feet six inches high. They shall be placed ten yards apart, with the first hurdle fifteen yards distant from the starting point, and the last hurdle fifteen yards before the finishing line. In the 220 yards hurdle race ten hurdles shall be used, each hurdle to be

two feet six inches high. They shall be placed twenty yards apart, with the first hurdle twenty yards distant from the starting mark, and the last hurdle twenty yards before the finishing line.

In hurdle races of other distances, and with different numbers of hurdles, the hurdles shall be placed at equal intervals, with the same space between the first hurdle and the starting point, and the last hurdle and the finishing line as between each of the hurdles.

In making a record it shall be necessary for the competitor to jump over every hurdle in its proper position.

In all championship hurdle races of the Amateur Athletic Union, or any of its Associations, up to and including 300 yards, each competitor shall have separate hurdles and a separate course marked out and measured independently, whether races are run straightaway or with turns.

RULE XXI.

TIES.

In all contests whose results are determined by measurement of height or distance, ties shall be decided as follows:

In handicap contests the award shall be given to the competitor who received the least allowance. In case of a tie between two or more competitors who received the same allowance, the decision shall be made as in scratch contests.

In case of a tie in a scratch contest at high jumping or vaulting, the tieing competitors shall have three additional trials at the height last tried, and if still undecided, the bar shall be lowered to the height next below, and three trials taken at that height. If no one clears it, the bar shall be lowered again and again until one of the competitors clears it. In case of a second tie, the award shall be given to the competitor who cleared the bar with the least number of trials.

In case of a tie in a scratch contest at any game decided by distance, each of the tieing competitors shall have three additional trials, and the award shall be made in accordance with the distances cleared in these additional trials. In case of a second tie three more trials shall be allowed, and so on, until a decision is reached. In case of a dead heat in any track events, the competitors shall not be allowed to divide the prize or points, or to toss for them, but must compete again at a time and place appointed by the referee.

ORDER OF COMPETITION IN FIELD EVENTS.

In all scratch events the competitors shall take their trials in the order of their names as printed in the programme.

In all handicap events the competitor having the greatest allowance shall make the first trial, and so on, in regular order, up to the competitor at scratch or with least allowance, who shall have the last trial.

RULE XXII.

JUMPING.

SECTION 1. A fair jump shall be one that is made without the assistance of weights, diving, somersaults or hand springs of any kind.

THE RUNNING HIGH JUMP.

SEC. 2. The Field Judges shall decide the height at which the jump shall commence, and shall regulate the succeeding elevations.

Each competitor shall be allowed three trial jumps at each height, and if on the third trial he shall fail, he shall be declared out of the competition.

At each successive height each competitor shall take one trial in his proper turn, then those failing, if any, shall have their second trial jump in a like order, after which those having failed twice shall make their third trial jump.

The jump shall be made over a bar resting on pins projecting not more than three inches from the uprights, and when this bar is removed from its place it shall be counted as a trial jump.

Running under the bar in making an attempt to jump shall be counted as a "balk," and three successive "balks" shall be counted as a trial jump.

The distance of the run before the jump shall be unlimited.

A competitor may decline to jump at any height in his turn, and, by so doing, forfeits his right to again jump at the height declined.

THE STANDING HIGH JUMP.

SEC. 3. The feet of the competitor may be placed in any position, but shall leave the ground only once in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without

result. A competitor may rock forward and back, lifting heels and toes alternately from the ground, but may not lift either foot clear from the ground or slide it along the ground in any direction.

With this exception the rules governing the RUNNING HIGH JUMP shall also govern the STANDING HIGH JUMP.

THE RUNNING BROAD JUMP.

SEC. 4. When jumped on earth a joist five inches wide shall be sunk flush with it. The outer edge of this joist shall be called the scratch line, and the measurement of all jumps shall be made from it at right angles to the nearest break in the ground made by any part of the person of the competitor.

In front of the scratch line the ground shall be removed to the depth of three and the width of twelve inches outward.

A foul jump shall be one where the competitor in jumping off the scratch line makes a mark on the ground immediately in front of it, or runs over the line without jumping, and shall count as a trial jump without result.

Each competitor shall have three trial jumps, and the best three shall each have three more trial jumps.

The competition shall be decided by the best of all the trial jumps of the competitors.

The distance of the run before the scratch line shall be unlimited.

THE POLE VAULT.

SEC. 5. Poles shall be furnished by the club giving the games, but contestants may use their private poles if they so desire, and no contestant shall be allowed to use any of these private poles, except by the consent of its owner. The poles shall be unlimited as to size and weight, but shall have no assisting devices, except that they may be wound or wrapped with any substance for the purpose of affording a firmer grasp, and may have one prong at the lower end.

No competitor shall, during his vault, raise the hand which was uppermost when he left the ground to a higher point of the pole, nor shall he raise the hand which was undermost when he left the ground to any point on the pole above the other hand.

Any competitor who uses a pole without a spike shall be allowed to dig a hole not more than one foot in diameter at the take-off in which to plant his pole.

The rules governing the RUNNING HIGH JUMP shall also govern the POLE VAULT for height, and the rule governing the RUNNING BROAD JUMP shall also govern the POLE VAULT for distance, except that when the man leaves the ground in an attempt, it shall be counted a trial.

THE STANDING BROAD JUMP.

SEC. 6. The feet of the competitor may be placed in any position, but shall leave the ground only once in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock forward and back, lifting heels and toes alternately from the ground, but may not lift either foot clear of the ground, or slide it along the ground in any direction.

In all other respects the rule governing the RUNNING BROAD JUMP shall also govern the STANDING BROAD JUMP.

THE THREE STANDING BROAD JUMPS.

SEC. 7. The feet of the competitor shall leave the ground only once in making an attempt for each of the three jumps, and no stoppage between jumps shall be allowed. In all other respects the rules governing the STANDING BROAD JUMP shall also govern the THREE STANDING BROAD JUMPS.

RUNNING HOP, STEP AND JUMP.

SEC. 8. The competitor shall first land upon the same foot with which he shall have taken off. The reverse foot shall be used for the second landing, and both feet shall be used for the third landing.

In all other respects the rules governing the RUNNING BROAD JUMP shall also govern the RUNNING HOP, STEP AND JUMP.

RULE XXIII.

The shot shall be a metal sphere with a covering of any material, and the combined weight for championship contests shall be 16 pounds. It is optional with the Games Committee of handicap meetings to offer competitions of shots weighing from 12 pounds upwards.

The shot shall be "put" with one hand, and in making the attempt it shall be above and not behind the shoulder.

All puts shall be made from a circle seven feet in diameter. The circle to be a metal or wooden ring, painted or whitewashed, and sunk almost flush with the turf, and it shall be divided into two halves by a line drawn through the centre. In the middle of the circumference of the front half shall be placed a stop-board four feet long, four inches high, and firmly fastened to the ground. In making his puts, the feet of the competitor may rest against, but not on top of this board.

A fair put shall be one in which no part of the person of the competitor touches the top of the stop-board, the circle, or the ground outside the circle, and the competitor leaves the circle by its rear half, which shall be the half directly opposite the stop-board. A put shall be foul if any part of the person of the competitor touch the ground outside the front half of the circle before the put is measured.

The measurement of each put shall be from the nearest mark made by the fall of the shot to the circumference of the circle on a line from the mark made by the shot to the centre of the circle.

Foul puts and letting go the shot in making an attempt shall be counted as trial puts without result.

A board similar to the one in front may be used at the back of the circle.

The order of competing and number of trials shall be the same as for the running broad jump. Shots shall be furnished by the Games Committee. Any contestant may use his private shot, if correct in weight and shape; in which case the other contestants must also be allowed to use it if they wish.

RULE XXIV.

THROWING THE 56-LB. WEIGHT.

SECTION 1. The weight shall be a metal sphere, with handle of any shape and material. Their combined weight shall be at least fifty-six pounds, and their combined height shall not be more than sixteen inches.

All throws shall be made from a circle seven feet in diameter.

The circle to be a metal or wooden ring, painted or whitewashed, and sunk almost flush with the turf.

In making his throws the competitor may assume any position he chooses, and use one or both hands.

Foul throws and letting go the weight in an attempt shall count as trial throws without result.

Weights shall be furnished by the Games Committee. Any contestant may use his private weight, if correct in weight and shape; in which case the other contestants must also be allowed to use it if they wish.

IN THROWING FOR DISTANCE.

SEC. 2. A fair throw shall be where no part of the person of the competitor touches the circle, the ground outside the circle and the competitor leaves the circle by its rear half, which shall be that directly opposite the half occupied by the competitor at the moment of delivery, and shall be designated by an imaginary line drawn through the centre of the circle at right angles to the direction of the throw.

The measurement of each throw shall be from the nearest mark made by the fall of any part of the weight or handle to the inside edge of the circumference of the circle on a line from the mark to the centre of the circle.

The number of trials and method of decision shall be the same as in the running broad jump.

IN THROWING FOR HEIGHT.

SEC. 3. A barrel head three feet in diameter shall be suspended horizontally in the air.

The field judges shall determine the height at which the barrel head shall be fixed at the beginning of the competition, and at each successive elevation.

A fair throw shall be one where no part of the person of the competitor shall touch the circle or the ground outside of the circle before the weight touches the barrel head, and where any part of the weight or handle touches any part of the barrel head.

The measurement of each throw shall be from the ground perpendicularly up to the lowest part of the barrel head.

The method of competition shall be the same as in the running high jump.

RULE XXV.

THROWING THE HAMMER.

The head and handle may be of any size, shape and material, provided that the length of the complete implement shall not be more than four feet and its weight not less than sixteen pounds.

The competitor may assume any position he chooses, and use either one or both hands.

All throws shall be made from a circle seven feet in diameter, the circle to be a metal or wooden ring, painted or whitewashed and sunk almost flush with the turf.

A fair throw shall be where no part of the person of the competitor touches the circle, the ground outside the circle and the competitor leaves the circle by its rear half, which shall be that directly opposite the half occupied by the competitor at the moment of delivery, and shall be designated by an imaginary line drawn through the centre of the circle at right angles to the direction of the throw.

Foul throws and letting go of the hammer in an attempt shall count as trial throws.

The measurement of each throw shall be from the nearest mark made by the fall of the head of the hammer to the inside circumference of the circle, on a line from the mark to the centre of the circle.

The number of trials and methods of decision shall be the same as in the running broad jump.

Hammers shall be furnished by the Games Committee. Any contestant may use his private hammer, if correct in weight and length; in which case the other contestants must also be allowed to use it if they wish.

RULE XXVI.

THROWING THE DISCUS.

The discus shall be of smooth, hard wood body without finger holes, weighted in centre with lead discs and capped with polished brass discs, with steel ring on the outside. The weight of the discus shall be four and one-half ($4\frac{1}{2}$) pounds; outside diameter, eight (8) inches; thickness in centre, two (2) inches.

The circle for throwing the discus shall be similar in all respects to that of throwing the 56-pound weight and 16-pound hammer.

In making his throws the competitor may assume any position he pleases, and the rules governing a "fair throw" to be the same as the hammer and 56-pound weight.

A discus shall be furnished by the Games Committee. Any competitor may use his private discus, if correct in weight and shape, in which case the other contestants shall be allowed to use it if they wish.

The measurement of each throw shall be made from the nearest mark made by the fall of the discus to the inside circumference of the circle on a line from the mark made by the discus to the centre of the circle.

RULE XXVII.

TUGS-OF-WAR.

Tugs-of-War shall be pulled on cleats made of wood, same to be at least four inches thick, six inches high and twenty-two inches long, and at least six feet six inches apart. The distance from the clamp in the centre to the first cleat on either side shall be not less than six feet.

The cleats shall be set on edge and bolted to the board.

The rope shall be a manilla, three-stranded rope, not less than four-and-a-half nor more than five inches in circumference. There shall be a clamp equidistant from the first cleat on either side, which shall be sufficient to hold the rope in position until released.

The clamp shall not make an appreciable kink in the rope. Any position may be assumed before the pistol is fired. No mechanical device shall be used for holding the rope. No belt other than one to protect the body shall be used. The flanges to hold the rope in place shall not be constructed so as to bind on the rope in any position that the anchor may assume. Leather shields and gloves may be used, and adhesive substances may be put on the same. The belt shall not weigh more than twenty pounds. Competitors shall not use weights in unlimited pulls, but in pulls limited to specified weights, competitors may use weights, providing the total weight of the team, including weights, does not exceed the limit.

The standard time limit for each pull shall be five minutes, and a rest of not less than ten minutes shall be allowed each competitor between trial pulls. A shorter or longer time limit may be agreed upon for other than championship contests.

When tugs-of-war are limited to teams of a given weight, competitors shall be weighed before competing. They shall be weighed as they pull; *i. e.*, including clothing, shoes, belt, etc.

The weighing-in shall be done immediately before the pull.

No knot of any kind shall be tied in the rope, and the rope shall not be passed more than once around the body of the anchor.

In no case shall any man pull on more than one team in a contest, and no substitute shall be allowed to pull on any team that has pulled a trial.

In case a team gains three feet from its opponents, it shall be awarded the pull.

Immediately before the competition the captains of the opposing teams shall draw their numbers and compete as follows: To have a preliminary round of as many contests as the total number of teams exceeds 2, 4, 8, 16 or 32, and drop the losers. This leaves in 2, 4, 8, 16 or 32 teams, and the competition then proceeds regularly with no byes or uneven contests.

No pull shall be awarded by less than half an inch.

All competitors who have been beaten by the winner shall be entitled to compete for second place, and all who have been beaten by the winners of either first or second place shall be entitled to compete for third place.

The individual tug-of-war shall also be governed by the team rules and the contestants must pull from the first cleat from the elamp.

RULE XXVIII.

SWIMMING.

SECTION 1. Officials shall consist of one Referee, three Judges at the Finish, three Timekeepers, one Starter, one Clerk of the Course with assistants, if necessary

SEC. 2. Duties and powers of these officials shall be the same as is prescribed for them in the foregoing Rules.

SEC. 3. In the 100 yards Swimming Race each competitor shall stand with one or both feet on the starting line, and when the signal is given, shall plunge. Stepping back, either before or after the signal, will not be allowed.

SEC. 4. The start for longer races shall be the same as the 100 yards, except that competitors may start in the water (tread-water start) from an imaginary line.

SEC. 5. Each competitor shall keep a straight course, parallel with the courses of the other competitors, from the starting station to the opposite point in the finish line. Competitors will be started ten feet apart, and each one is entitled to a straight lane of water, ten feet wide, from start to finish. Any contestant who, when out of his own water, shall touch another competitor, is liable to disqualification from that event, subject to the discretion of the Referee.

SEC. 6. Each competitor shall have finished the race when any part of his person reaches the finish line.

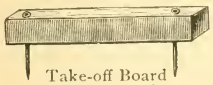
RULE XXIX.

All organizations who have received sanction for any contests where prizes are offered on entry blanks, shall be required to send to the local registration committee, before the date of the games, a copy of their entry blank, and must state the value of the prizes to be given for each event.

After November 19th, 1900, no sanction will be given to any organization which shall fail to give prizes as stated on their entry blanks, and from the same date, with every sanction granted, shall be sent a copy of Section 6, Article XI., of the Constitution and this rule.

Necessary Implements and Arrangements for an Athletic Contest

We give below a short description of the articles necessary for an athletic meeting. A full and complete description of each, with prices, can be obtained from Spalding's Athletic Goods Catalogue, which will be sent free by A. G. Spalding & Bros., from their stores in any of the following cities: New York, Chicago, Denver, Buffalo, Baltimore, Philadelphia, St. Louis, San Francisco, Kansas City, Minneapolis or Montreal. Write to the town nearest to you.

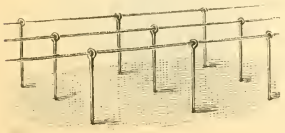


Take-off Board for broad jumping.

In laying out or re-arranging grounds great care should be taken to see that the field sports can go on without interference, and in the management of a large meeting it is very essential that more than one field sport should go on at one time. Therefore it should be arranged to have the running broad jump, running high jump and the circles for weight-throwing separated. In order to have your plant as perfect as possible, it is necessary that you have all the apparatus that is necessary, not only to conduct an athletic meet, but to give the different athletes an opportunity to practice the various sports.

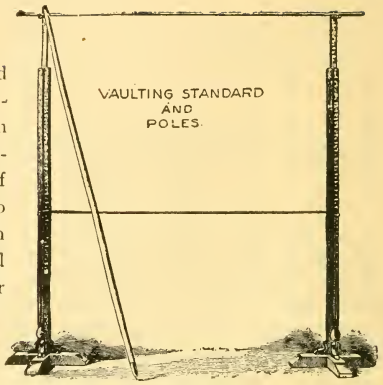
There are many things that are required. Great care should be taken in the arrangement of the broad jump. The toe board is a very important article and is generally overlooked, and the runway requires as much attention as the track. At the average athletic grounds the jumping path is usually neglected.

Toe Board.



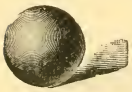
In the sprint races, wherever possible, each contestant should be given his own lane. A lane can be made of iron stakes driven in the ground about eighteen inches apart and strung with cords.

For the pole vaulters and high jumpers you should procure two sets of wooden apparatus — Spalding's complete apparatus No. 109. If the pole jump and high jump go on at the same time, an extra lot of cross-bars should be on hand and three or four different poles.



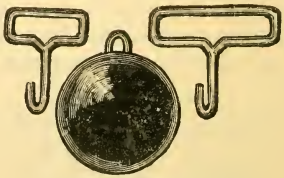
Spalding's Championship Ball Bearing Hammer.

For the weights you will be required to furnish a 16-lb. Spalding Championship Ball Bearing Hammer, as originally designed by Champion John Flanagan. It is now universally used by all the good weight throwers. The ball-bearing swivel hammer is in great demand and favored. It does away with the breaking of handles, and Flanagan claims it can be thrown many feet further than the old style hammer. Schoolboys invariably use the 12-pound shot and the 12-pound hammer. If they desire lead shot, it usually costs a little more than the iron. The 16-pound iron shot can be bought for about $1.25, and the 12-pound shot for $1.00.



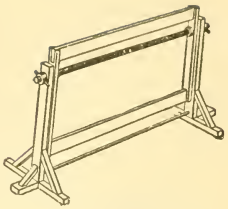
16-lb. Shot.

The regulation 56 pound weight, known as the "Mitchel" weight, can be secured for $7.00, and with it comes two handles, one for the man who throws with one hand and the other for the two-handed thrower.

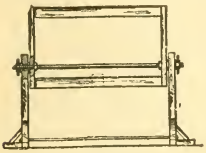


Regulation 56-Pound Weight.

The most suitable hurdles on the market are the Foster Patent Safety Hurdles. The frame is 2 feet 6 inches in height with a horizontal rod passing through it two feet above the ground. The hurdle is a wooden gate 2 feet high swinging on this rod at a point 6 inches from one of the sides and 18 inches from the other. With the short side up it measures 2 feet 6 inches from the ground, and with the long side up 3 feet 6 inches. The hurdle can be changed from one height to the other in a few seconds, and is held firmly in either position by a thumb-screw on the rod. It would be hard to conceive any device more simple or more easily handled than this. The invention was used exclusively at the Pan-American Sports and has met with the approval of the best known physical directors and trainers of the country.



Foster Patent Safety Hurdle at 2 ft. 6 in. height.



Foster Patent Safety Hurdle at 3 ft. 6 in. height.

The Spalding Official Discus should always be on the grounds. This retails for $5.00.

Official Discus.

A megaphone is now a necessary adjunct to an athletic meeting. With a megaphone almost any amateur can announce the results distinctly.

Starter's Pistol.

The captain of the club should endeavor to have in his possession a pistol so that the boys can practice starting, and a whistle for announcing that everything is ready for a start and also for attracting the attention of the officials, several measuring tapes and several balls of yarn for the finish.

Whistle.

Measuring Tape.

The athlete is also advised to consult the following books which contain a great deal of useful and necessary information on their

respective subjects: No. 27—College Athletics, by Michael C. Murphy, the Yale trainer; No. 37—All-Around Athletics; No. 135—Official Amateur Athletic Union Handbook, which contains the rules under which every set of athletic games must be contested, and should be studied by every athlete who intends to compete; No. 136—Official Handbook of the Athletic League of Y. M. C. A.'s; No. 145—Official Athletic Almanac, published yearly, and the only publication containing all the official athletic records, besides portraits of leading athletes and pictures of important athletic events; No. 149—The Care of the Body, by Prof. Warman, the famous exponent of physical culture; No. 153—Official Inter-Collegiate Handbook, contains the official rules of the Inter-Collegiate A. A. A., and should be studied by every athlete who intends to compete in college events. No. 157—Athletes' Guide, contains full directions for learning how to sprint, jump, hurdle and throw weights, with general hints on training for each, special chapters of advice to beginners, and important A. A. U. rules and their explanations, compiled by James E. Sullivan, Secretary-Treasurer of the Amateur Athletic Union, and is profusely illustrated from actual photographs of the leading athletes in action. The price of any of the above is ten cents, and they can be obtained generally from any newsdealer or from the publishers, American Sports Publishing Company, 16 18 Park Place, New York.

What to Wear.

It is very important that the beginner in athletics should know what to wear for the different sports. The ordinary athlete, the runner, will require a pair of sprinting shoes, No. 2-0, that retail for $5.00. It was with this style shoe that Wefers made all his records. John Cregan, the Intercollegiate Champion, wore them, as well as Charles Kilpatrick, the peerless half-mile runner and celebrated record holder, and Arthur J. Duffey, who has gone the 100 yards in 9 3-5 seconds. The sweater, No. A, of finest Australian lamb's wool, was made originally by special order for the Yale foot ball team and now used by all intercollegiate athletes, is one of the best in the market, sells for $6.00; athletic shirt, No. 600, at $1.50; athletic pants, No. 3, at 75 cents; a supporter is very essential for an athlete and nearly all the champions use them; No. 5 is the most suitable one and retails at 75 cents; a pair of corks will cost the athlete 15 cents; pushers for the running shoes, 25 cents; the bath robe is now an essential part of an athlete's outfit, these retail at $5.00. This complete outfit costs $19.40. They are all good, serviceable articles.

No. 2-0 Running Shoes.

No. A Sweater.

The second quality of the same line of goods can be bought as follows: sprinting shoes, No. 10, $4.00; sweater, No. B,

No. 14-H Jumping Shoes.

$5.00 ; shirt, No. 6 E, 50 cents ; pants, No. 4, 50 cents ; supporter, No. 2, 50 cents ; corks, No. 1, 15 cents ; pushers, No. 5, 25 cents ; bath robe, $3.50. This second grade outfit costs $14.40.

No. 14-C
Cross Country Shoes.

The pole-vaulter will want the same outfit, with the exception of a pair of jumping shoes, No. 14-H, which sell for $5.00, and a pair of wrist supporters, No. 200, which can be bought for about 35 cents. There is one article that a pole-vaulter must have, and that is his own pole. There is an awful lot in getting used to a pole and having confidence in the one that is yours, because no other contestant is allowed to use it according to the rules, which is quite right, for we have often seen a pole-vaulter make the fatal mistake of allowing much heavier men use his pole and break it. Any one can naturally understand that a man who weighs 160 pounds cannot use a pole designed for a man weighing 115 pounds. The best pole on the market for athletic purposes is the 15-foot 6-inch pole as supplied by A. G. Spalding & Bros. to the Princeton University A. A. This pole is made of hollow spruce, thus being much lighter, and owing to a special preparation with which it is filled, the strength and stiffness is greatly increased. It retails for $10.50 ; a 14-foot pole, hollow, retails for $9.50, and the solid for $6.00. Usually the vaulter will wrap the pole to suit his own tastes.

No. 600 Shirt.

The high jumper and the broad jumper will want an outfit as follows : jumping shoes, No. 14-H, $5.00 ; sweater, No. A, $6.00 ; shirt, No. 600, $1.50 ; pants, No. 3, 75 cents ; supporter, No. 5, 75 cents ; corks, No. 1, 15 cents ; pushers, No. 5, 25 cents ; bath robe, $5.00.

No. 3
Running Pants.

An outfit, with several of the articles of a cheaper grade than the above, costs : jumping shoes, No. 14-H, $5.00; sweater, No. B, $5.00; shirt, No. 6-E,

50 cents; pants, No. 4, 50 cents; supporter, No. 2, 50 cents; corks, No. 1, 15 cents; pushers, No. 5, 25 cents; bath robe, $3.50.

No. 5 Chamois Pusher.

The man who throws the weights will require the same wearing apparel as the pole-vaulter or the runner. John Flanagan and James Mitchel, two of the greatest weight throwers in the world, wear what is known as the No. 14-H shoe, with a short spike, which retails for $5.00. It is very essential that the weight thrower should have his own implements; in fact, nearly all the champion weight throwers carry their own weights with them and guard them jealously.

Without doubt the best hammer in the market to-day is the ball-bearing championship hammer as designed and used by John Flanagan, the record holder and champion thrower of the world. This sells for $10.00. An extra leather case for carrying these hammers will cost the athlete $2.00. The regulation hammer, lead, you can get for $4.50, and the iron at $3.25. The 16-pound shot, lead, will cost $2.50, and the iron, $1.25. The 56-pound weight, lead, will cost $8.50, and the iron $7.00. With the Spalding 56-pound weight come two sets of handles, one for one hand and one for two hands; and I would advise any weight thrower who wants to become expert to carry his own weights and particularly his own hammer. He can then arrange to have the grip made to suit himself, and when necessary to cover it with leather, and he will not be called upon when he goes to a competition to take the ordinary hammer with a handle that every one has used and with which he is not familiar. Many a man has lost his event by not having his own weight. Robert Edgren invariably carries his own hammer with a handle suitable for him, and to which he is accustomed.

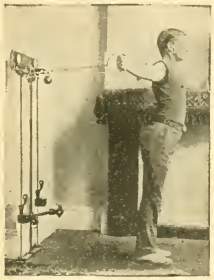
No. 1 Running Corks.

No. 5 Supporter.

Athletes should make it a point to have two suits of athletic apparel, one for competition and one for practice purposes. The clothing that some of our

L. of C.

crack athletes wear in competition is a disgrace to athletics, and it adds a great deal to an athlete's appearance to appear neat and clean when taking part in athletic competition. In practice within one's club or grounds almost any kind of clothing can be used. A sprinter should have two pairs of running shoes, one a very heavy pair for practicing in (the cross country shoe, No. 14-C, makes a very good shoe for this purpose, and can be had with or without spikes on heels), and a light pair for racing. One of the best professional sprinters that ever wore a shoe made it a point to train for all his races in very heavy sprinting shoes. Aside from the benefit that is claimed for practicing in heavy shoes, you always feel as though you have a pair of shoes that will be ready for any race that is scheduled, and bear in mind it does not pay to buy athletic implements or clothing that are cheap. They don't wear and cannot give you the service that you will get from articles that are official and made by a reputable house.



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For many years publications have been issued on the art of boxing that to a certain extent did not enable the novice nor the youth to become proficient in the manly art. There is probably no man in America better qualified to teach boxing than Prof. William Elmer, and in his book on the subject he goes into it very exhaustively. The book contains about seventy full page illustrations, showing how each blow is to be made, how to attack and how to defend yourself. It shows how the hands must be held and the positions to take, with descriptions that are so accurate that any boy can take them, open them up and with a young friend become proficient. Besides being a fully illustrated book on the art of self-defence, it contains nearly all the photographs of the leading American boxers and the positions they take, which in itself is instructive; the different rules under which all contests are held, and articles which will interest anyone on the question of physical education. In order to make this publication the most accurate one issued, Prof. Elmer had his sparring partner posed personally for all the illustrations.

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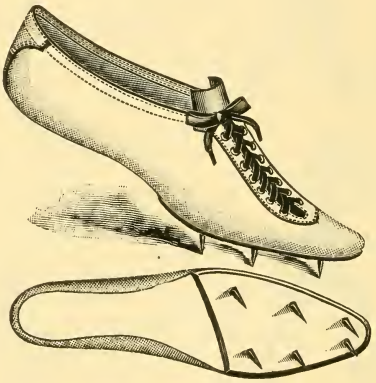

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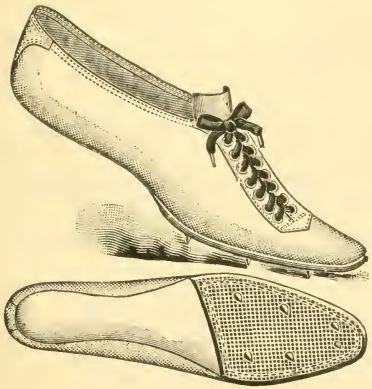

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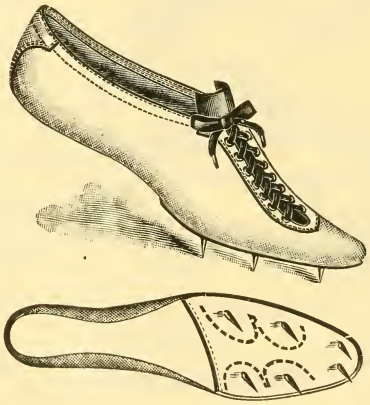

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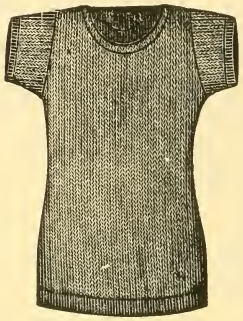

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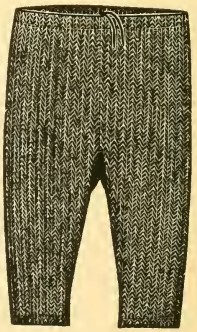

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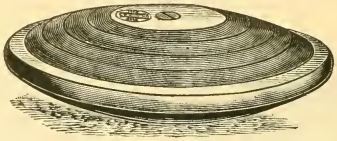

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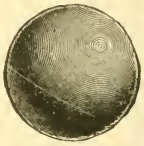

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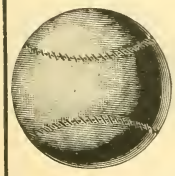

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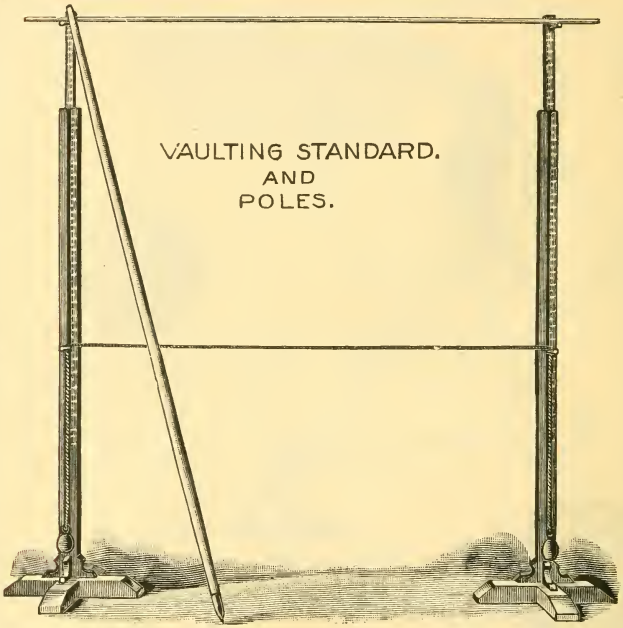

Our Standards will meet all requirements and are the ones that have been used in the principal athletic contests for many years past. The No. 109 is adjustable to 11 feet, and has quarter-inch graduations, price $15.00. Our No. 110 is adjustable to 10 feet, with inch graduations, price $10.00. The 111 is adjustable to 7 feet, with inch graduations, price $7.00.

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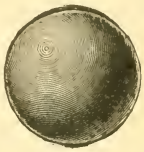

No. 19.	16-lb.	lead.	$2.50
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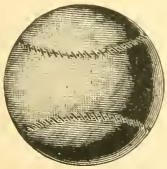

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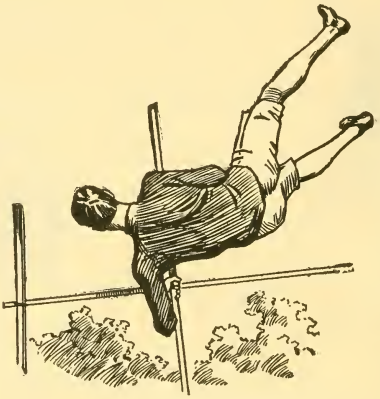

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No. 100.	8 feet long, solid, ...	Each, $3.00
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HOLLOW SPRUCE POLES.

Considerably lighter than the solid poles, and the special preparation with which we fill the interior of the pole greatly increases the strength and stiffness.

No. 200.	8 feet long, hollow, . . .	Each, $8.00
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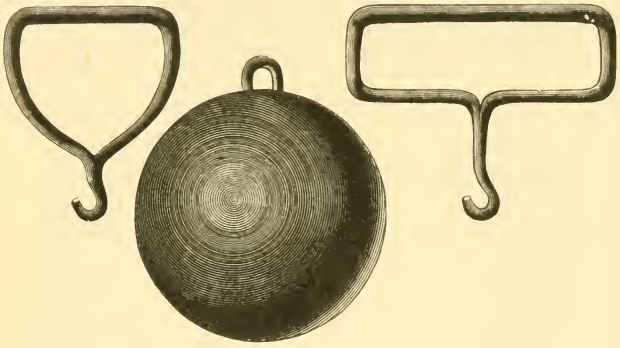
REGULATION 56-LB. WEIGHTS.



Each weight is put in box, complete, with two sets of handles, for one or two hands.

No. 1.	Iron 56-lb. weights, complete, . . .	$7.00
No. 2.	Lead 56-lb. weights, complete, . . .	8.50

Our 56-lb. weight is the one used and designed by Mr. J. S. Mitchel, who still holds the world's record, and which was made with the above style weight.

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J. E. SULLIVAN
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American Sports Publishing Co.
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Gentlemen—I wish to thank you for the perfect shoes and boxing gloves that you furnished me for my fight with Mr. Fitzsimmons, and also to give you my endorsement for the superb quality of these goods. I shall expect to use them in all my future contests.

Yours very truly,

Jas J Jeffries

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NEW YORK CHICAGO DENVER
BUFFALO BALTIMORE

ROSE VILLA, Bensonhurst, N. Y., Feb. 15, 1902.

A. G. SPALDING & BROS.

GENTLEMEN—You no doubt have seen by the Associated Press dispatches that I am matched with James J. Jeffries to contest for the championship of the world during the month of May, next. I am going to make an earnest effort to win back the championship, and want to be in fine fettle when I enter the ring. I have always used your gloves in every important battle, and as I can find nothing that can compare with the Spalding gloves and striking bags you make, I want you to forward at once a set of (5) ounce "Specials," and a set of the ten-ounce training gloves.

I am going to have Gus Ruhlin assist me in training, and when I get well under way, will forward an additional order, so that I may not be handicapped for want of apparatus.

Kindly forward bill, and I will send a New York draft to balance account. With regards,

Yours very truly,

Robert Fitzsimmons

A. G. SPALDING & BROS.

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BUFFALO BALTIMORE

A. G. Spalding & Bros.

Gentlemen—I have carefully inspected the glove you are manufacturing, called the "Spalding Special" Contest Glove, and after a thorough examination must confess it is by far the most comfortable glove I have ever had on my hand. It possesses all the requirements and I am fully satisfied it will gain universal recognition and will be adopted by all the promoters throughout the country. The idea of being made of special kid leather, and also being lined with a special tanned perspiration proof leather, makes it doubly strong, for it can stand any amount of rough usage without becoming unfit for use, as in most instances, after a glove becomes wet with perspiration, it stretches and gets out of shape and is utterly worthless.

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I gave the glove a thorough trial and am confident you have hit the nail on the head, and have no hesitancy in recommending the article in question to those who are interested.

Yours very truly,

Young Corbett

Featherweight Champion of the World.

A. G. SPALDING & BROS.

NEW YORK CHICAGO DENVER
BUFFALO BALTIMORE

MESSRS. A. G. SPALDING & BROS.

GENTLEMEN—After a careful trial, taking everything into consideration, I have no hesitancy in saying that the five-ounce Contest Gloves, made by you, are the best I have ever seen or used. I showed them to Mike Donovan of the New York Athletic Club, and Bob Armstrong, and they, too, pronounce them great. The idea of their being leather lined, and the new thumb, are a big advantage, as it enables one to hit without endangering his hands, and especially one who hits as hard as I do, is far less liable to hurt his hands, when properly fitted with gloves.

The striking bag is what the "doctor ordered," and you cannot improve on it. It is fast, durable and perfect in every way and you are to be congratulated on perfecting the articles in question.

Wishing you success, I remain,

Very truly yours,

Thomas J Sharkey

A. G. SPALDING & BROS.

NEW YORK CHICAGO DENVER
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MESSRS. A. G. SPALDING & BROS.

GENTLEMEN: Received the express package containing set of five-ounce Contest Gloves and the hand-sewed striking bag. To make a long story short, will say that they are simply perfect. The gloves are made of the nicest material I have ever used in my long career, and I am satisfied that the oil-tanned leather will be a great improvement, and that the inter-lining will add greatly to the durability and strength of the gloves

I will most certainly use them in all my contests, for it is almost an impossibility to hurt one's hands when encased in a glove made on these lines.

The bag is a marvel for speed and answers all the requirements, being light, perfectly shaped and durable.

I heartily recommend both articles as the best of tne kind I have ever used.

Very truly yours,

Tommy Ryan.

Middle-weight Champion of the World.

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The Amateur Athletic Union of the United States is the body that governs amateur boxing in America, and each year holds a tournament to decide the different championships.

It is always the desire of the committee to select the best gloves possible for such contests, and it is particularly gratifying to state that Spalding's Championship Gloves have been selected as the official championship gloves, and have been used by the Amateur Athletic Union in all contests held by it since its organization in 1888.

EMERY PAINE,
A. A. U. Champion Heavyweight.

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IN buying boxing gloves, striking bags, base balls, foot balls, sweaters, shoes, or any article for athletes, look for our trade-mark, and if it is not on the article, do not accept it, unless you are indifferent about the results. Remember always that SPALDING'S IS THE STANDARD. If your dealer does not have our goods, send direct to us.

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Allow us to serve you for your wants.

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No. 5. Regulation size, specially tanned glove leather cover, one-piece top, welted seams, double stitched and substantially made. . . . Each, $3 50

No. 4½. Regulation size, fine maroon tanned leather, one-piece top and welted seams. Well finished throughout. . . . . Each, $3.00

No. 4. Regulation size, fine grain leather cover and well made throughout, one-piece top, reinforced, double stitched. . . . . Each, $2.50

No. 3. Regulation size, substantial red leather cover, one-piece top, reinforced and welted seams. . . . . Each, $2.00

No. 2½. Medium size, good quality dark olive tanned leather, well put together, one-piece top and welted seams. . . . . Each, $1.50

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Each bag complete in box, with bladder, rubber cord for floor, and rope for ceiling attachment

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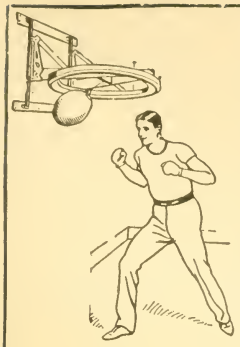

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New Regulation Style, olive tanned leather cover, double stitched, one-piece top and welted seams; reinforced loop. This bag is particularly adapted for quick work.

No. 12. Each, $4.00

New Regulation Style, made of specially tanned glove leather, substantially put together, one-piece top and welted seams, double stitched and reinforced throughout.

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New Regulation Style, made of fine maroon tanned leather; well finished one-piece top and welted seams.

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New Regulation Style, extra fine grain leather cover; one-piece top and well made throughout.

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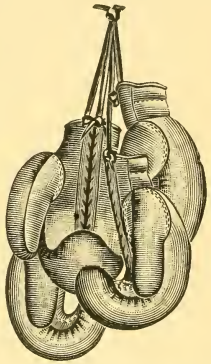

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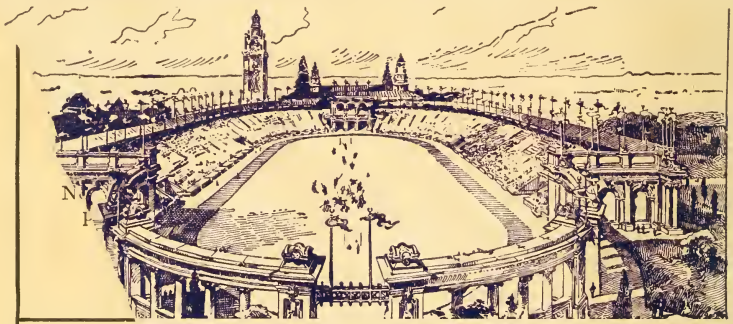

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